Food Buying Guide





U.S. Department of Agriculture Food and Nutrition Service

BUY AMERICAN REQUIREMENT

Schools and institutions participating in the National School Lunch Program and the School Breakfast Program in the contiguous United States are required by law to use school food service funds, to the maximum extent practicable, to buy domestic commodities or products for meals served under these programs. A "domestic commodity or product" is defined as one that is either produced in the United States or is processed in the United States substantially using agricultural commodities that are produced in the United States. The term "substantially" means that over 51 percent of the final product consists of agricultural commodities that were grown domestically. Therefore, when school food service funds are used to acquire foods, schools and institutions must ensure that the items are in compliance with this requirement.

U.S. Department of Agriculture Food and Nutrition Service PA-1331

January 1984 Revised November 2001

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status (not all prohibited bases apply to all programs). Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD).

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1440 Independence Avenue, SW, Washington DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Table of Contents

Introduction		I-1
What is Nev	w in This Updated Guide?	I-2
Yields		I-3
Meal Patter	ns	I-5
Chart 1	A: Traditional Food-Based School Lunch Meal Pattern	ns I-7
Chart 1	B: Enhanced Food-Based School Lunch Meal Patterns	sI-9
Chart 2	A: Traditional Food-Based School Breakfast Meal Pattern	I-11
Chart 2	B: Enhanced Food-Based School Breakfast Meal Patte	rn I-13
Chart 3	: NSLP's Afterschool Snacks Meal Pattern	I-15
Chart 4	A: Child and Adult Care Breakfast Meal Pattern	I-17
Chart 4	B: Child and Adult Care Lunch Meal Pattern	I-19
Chart 4	C: Child and Adult Care Supper Meal Pattern	I-21
Chart 4	D: Child and Adult Care Snacks Meal Pattern	I-23
Chart 5	: Summer Food Service Program Meal Patterns	I-25
Chart 6	: Nutrient Standard Menu Item Summary Chart	I-27
To Help You	ı Use This Guide	I-28
Table 1:	Abbreviations and Symbols Used	I-28
Common C	an and Jar Sizes	I-29
Table 2:	Common Can and Jar Sizes - per Can	I-30
Table 3:	Common Can and Jar Sizes – per Case	I-31
Figure 1	1: Can Size Template – Height	I-32
Figure 2	2: Can Size Template – Diameter	I-33
Substituting	Can Sizes	I-34
Table 4:	A Guide for Substituting Cans	I-35

Decimal Equi	valents	I-35
Table 5:	Decimal Weight Equivalents	I-36
Table 6:	Decimal Equivalents of Commonly Used Fraction	sI-37
Table 7:	Decimal Equivalents to the Nearest Portion of a C	Cup I-37
Using Table 8	To Calculate Fractions of a Unit	I-38
Table 8:	Decimal Equivalents for Fractions of a Unit	I-39
Metric Equiva	alents	I-40
Table 9:	A Guide to Metric Conversions	I-40
Table 10:	Metric Equivalents by Weight	I-41
Table 11:	Metric Equivalents by Volume	I-41
Table 12:	A Guide to Volume Equivalents for Liquids	I-42
Measures for	Portion Control	I-43
Table 13:	Sizes and Capacities of Scoops (Dishers)	I-43
Table 14:	Sizes and Capacities of Ladles	I-44
Table 15:	Sizes and Capacities of Measuring-Serving Spoo	onsI-45
Explanation of	of Food Buying Guide	I-46
How are the I	Foods in This Guide Listed and Grouped?	I-46
What Inform	ation do the Yield Tables Provide?	I-46
How can you	use the Yield Data?	I-48
	the Food Buying Guide (Calculating how much for a given number of servings)	I-49
Method 1	—Using Column 3	I-50
Vari	ation 1: No Conversion of Serving Size Needed	I-51
Vari	ation 2: Conversion of Serving Size Required	I-53
Method 2	2—Using Column 5	I-60
Method 3	:—Using Column 6	I-63
How to Make	Cost Comparisons	I-65
Section 1: Mea	at/Meat Alternates	1-00
Meat and Me	at Alternates for the Child Nutrition Programs	1-1
Definitions .		1-2
Yields		1-3
Explanation	of the Columns	1-4
Yield Data Ta	ables for Meat/Meat Alternates	1-5

Section 2: Vegetables/Fruits	2-00
Requirements	2-1
Crediting of Fruits and Vegetables	
Crediting of Vegetable and Fruit Concentrates	2-3
Factors Affecting Yields	2-4
Definitions	2-4
Products That Do Not Meet Requirements	2-4
Information Included in this Section	2-5
Explanation of the Columns	2-5
Yield Data Table for Vegetables/Fruits	2-7
Section 3: Grains/Breads	-00
Grains/Breads Component for the Child Nutrition Programs	3-1
Definitions	3-1
Examples of Foods That Qualify as Grains/Breads	3-2
I. Criteria for Determining Acceptable Grains/Breads	3-3
II. Determining Grains/Breads Creditability	3-3
Instructions for Using the Grains/Breads Flow Chart	3-6
Flow Chart for Determining Grains/Breads Creditability	3-7
III. Criteria for Determining Serving Sizes	3-8
A. Determining Serving Sizes Based on Exhibit A	3-8
B. Determining Serving Sizes Based on Creditable Grains	3-9
Worksheet for Calculating Grains/Breads Contribution	-12
Grains/Breads Chart Introduction	-14
FCS Instruction 783.1, Rev 2: Exhibit A	-15
Factors Affecting Yield	-17
Explanation of the Columns	-17
Yield Data Table for Grains/Breads	-20
Section 4: Milk 4	-00
Fluid Milk for the Child Nutrition Programs	4-1
Yield Data Table for Milk	4-2

Section 5: Other Foods 5-00
Description of Other Foods
Yield Data Table for Other Foods 5-2
Appendix A: Recipe Analysis
How to Use the Recipe Analysis Worksheet
Figure 1: Recipe Analysis Worksheet
Figure 2: Completed Recipe Analysis Worksheet – School Lunch (100 portions)
Figure 3: Completed Recipe Analysis Worksheet – Child Care (25 portions)
Figure 4: Completed Recipe Analysis Worksheet - (50 portions) A-10
Figure 5: Completed Recipe Analysis Worksheet – School Breakfast (100 portions)
Appendix B: Using Column 6 for Recipe Analysis B-00
Example: Recipe Analysis for Apple Crisp
Appendix C: The USDA Child Nutrition Labeling Program C-00
Common Questions
Food Items for Further Processing
Yield Data Table for Food Items for Further Processing C-5
Appendix D: The Purchasing Process
Appendix E: Resources E-00
Quick Website and Phone Number Reference Guide E-1
To Order Publications E-5
Food and Nutrition Service Publications E-6
Food and Nutrition Service Useful Resources E-12
National Food Service Management Institute Publications E-15
United States Department of Agriculture Useful Resources E-16
Other Federal Resources E-20
Food Safety Resources E-22
Food and Nutrition Service Regional Offices E-28
Index of Foods

Introduction

It is a big – and very important – job to plan, purchase, prepare, and serve nourishing meals for the U.S. Department of Agriculture's Child Nutrition Programs. Every day, your work helps fight hunger and improve the nutritional health of children in America.

Whether you are serving food to a small number of children or adults or thousands of students, you need to think carefully about each meal.

Will the meal meet the appropriate requirements of the various Child Nutrition Programs?

How many servings will you get from a specific quantity of food?

What quantity of the raw product will provide the amount of ready-to-cook food called for in a recipe?

How much food will you need to buy?

The Food Buying Guide for Child Nutrition Programs is designed to help you in two important ways:

- 1. It will help you or your purchasing agent buy the right amount of food and buy it most economically whether you use one of the food-based or the nutrient standard menu planning approaches.
- 2. For the food-based menu planning options, it will help you determine the specific contribution each food makes toward the meal pattern requirements. This is necessary to ensure that meals provide needed nourishment and meet program requirements for reimbursement.

In addition, with yield data for more than 1,200 food items, this guide can provide ideas for adding new foods or new forms of familiar foods to your menus. The 2005 Dietary Guidelines for Americans emphasize that a variety of fruits, vegetables, and grains, especially whole grains, are key elements of a healthful diet. By offering a wide variety of nourishing foods, you are giving children greater opportunity to develop eating habits that will promote life-long good health.

As with the previous Food Buying Guide last revised in 1984, this new edition will be widely used by school food service professionals. It is also appropriate for use in the Child and Adult Care Food Program as well as the Summer Food Service Program. Meal patterns for each of these Child Nutrition Programs are shown on pages I-7 through I-27.

What is New in This Updated Guide?

The *Food Buying Guide for Child Nutrition Program*s was first published in 1947. Since then it has been updated several times to add new foods and to reflect changes in processing technology or packaging that may affect yield.

For example, many schools now purchase ready-to-serve salads and pre-cut vegetables. These were not widely available the last time the guide was revised in 1984.

This new guide *replaces* the 1984 edition. The new guide:

is the most comprehensive to date. It includes over five hundred new food items or new pack sizes, each carefully tested in a food service setting using the equipment and methods that would be used in a typical food service setting.

has a new look, with an updated design. The yield data tables, however, appear in a familiar format so you can continue to use them easily.

is packed with helpful information. For example, a series of variations of practical examples serves as a how-to guide for working with the yield data tables.

contains updated meal pattern charts and adds a chart summarizing required menu items for the Nutrient Standard Menu Planning approach.

has the following appendices:

Appendix A: Recipe Analysis. This section has been added as a quick method to see if your USDA modified or locally produced recipes will provide the servings that you need for your planned meal.

Appendix B: Determining the Number of Servings, for Crediting Purposes, from a Particular Food. This section shows how to calculate the credit of one portion of a recipe using Column 6 (Additional Information).

Appendix C: The USDA Child Nutrition (CN) Labeling Program. This section provides a brief description of the CN Label Program, what types of foods can be CN labeled, and what a CN label looks like. It also contains yield data for food items used primarily by industry.

Appendix D: Food Purchasing. Summaries of First Choice and Choice Plus are included as a resource for purchasing foods.

Appendix E: Resources. Resources related to program requirements, nutrition guidance, food safety, and more.

Yields

Yield information is a valuable planning tool. Use it as a guideline to purchase sufficient food for the meals you will prepare.

Examples of yield information:

- If you plan to include fresh, chopped tomatoes in a green salad, you will need to know how many pounds of whole tomatoes, minus the waste, will yield the desired amount for the recipe.
- If you have received commodity ground beef and you plan to serve 275 portions of meatloaf which will provide 2 ounces of cooked lean meat per portion, you will need to know how many ounces of *raw* ground beef to include in the recipe to yield 275 2-ounce servings of *cooked* lean meat.
- If you plan to serve a marinated black bean salad, and the recipe calls for 5 pounds of drained, canned, black beans, you need to know how many cans of undrained beans will yield 5 pounds of drained beans, or, the number of pounds of dry, uncooked black beans that could be used instead.

The yield information provided in this guide represents average yields based on research conducted by USDA. The yield information given for a specific food is meant to be a planning and production tool.

The yield information in this guide is based on careful portioning and weighing. Measuring tools, such as a volume measure filled level to the top and an accurate scale, were used in the research conducted by USDA.

Using these same tools you must measure or weigh portions carefully and ensure that each serving size is appropriate for the age/grade group you are serving.

If your food service operation is consistently getting a higher or lower yield from a product than the yield specified by the *Food Buying Guide*, you may want to research and document the yield or number of portions of a specified size that the product provides. Prior to obtaining any in-house yield data you must find out if your State agency will allow the use of in-house yield data. If your State agency allows the use of in-house yield data: 1) determine what your State agency procedures are to determine the in-house yields; and 2) maintain documentation required by the State agency.

Specific and verifiable procedures must be followed to document yield.

For example, suppose the yield listed in the *Food Buying Guide* for a #10 can of diced pears is consistently lower than the yield you are getting with the brand of diced pears you are currently purchasing. After checking with your State agency,

you find out that you can collect in-house yield data, that the agency requires determining yields from at least six samples, and that the State agency will need to review and approve the data before it can be used.

Based on procedures set by the State agency, your program will need to carefully portion (using the appropriate scoop/disher or measuring spoon which is filled level to the top of the measure) at least six (6) #10 cans, carefully counting and documenting the number of specified portions. When the portioning and counting are completed, you will total the number of servings from each of the 6 cans and then divide the total by 6 to get the average number of portions per can. To get a better estimate of yield, at least two people should do the portioning and counting of 6 samples independently. In this example, the State agency reviewed and accepted the in-house yield data and required documentation to be maintained of how the yields for the diced pears were established.

Many factors affect yield, including:

the quality and condition of the food you buy;

storage conditions and handling;

the equipment used in preparation;

cooking method and time;

the form in which you serve the food — for example, whether the potatoes you are serving are mashed, fried, or baked; and the serving utensils and portion control methods used.

Meal Patterns

For the National School Lunch Program (NSLP) and the School Breakfast Program (SBP), schools may plan meals by:

- 1. using one of the food-based menu planning approaches,
- 2. using Nutrient Standard or Assisted Nutrient Standard Menu Planning, or
- 3. adopting an alternate menu planning approach developed by a State agency or by the school food authority with State agency approval. Please see program regulations (7 CFR Parts 210 and 220), *A Menu Planner for Healthy School Meals* Publication number FNS-303, or contact your State agency for additional information about the various menu planning approaches.

The Child and Adult Care Food Program (CACFP) and the Summer Food Service Program (SFSP) follow meal patterns for planning menus.

However, if the CACFP or SFSP is operated by a school using one of the Nutrient Standard Menu Planning approaches, that method may also be used for these programs with State agency approval. Please see program regulations (7 CFR Parts 225 and 226), Building Blocks for Fun and Healthy Meals – A Menu Planner for CACFP Publication number FNS-305 and Sponsor Meal Preparation Handbook for the Summer Food Service Program for Children Publication Number FNS-207 or contact your State agency for additional information about menu planning for the CACFP and the SFSP.

Charts 1A & 1B: National School Lunch Program (NSLP)

Chart 1A shows the traditional food-based meal pattern for NSLP. Chart 1B shows the Enhanced Food-Based Meal Pattern for the NSLP.

USDA recommends, but does not require, that portions be adjusted by age/grade group to better meet the food and nutritional needs of children according to their ages. If portions are not adjusted, the oldest age group served must receive at least the minimum amount for that age group, even though more food will be served than recommended for the lower age groups.

For example, the amounts of food listed under Groups I-IV on the traditional meal pattern for NSLP indicate minimum requirements for the age and grade groups specified. If you do not adjust portions, you must offer the Group IV portions to all students. Group V lists recommended amounts for older students who may need the larger portions.

Also when using the Traditional Food-Based Menu Planning approach, it is important to ensure that meals provide sufficient calories. The Traditional Meal Pattern was designed to serve as the framework for the meal. Schools are expected to add other foods and condiments to provide taste, enhance appeal, and increase calories and the nutritional value of the meal.

Charts 2A & 2B: School Breakfast Program (SBP)

Chart 2A shows the Traditional Food-Based Meal Pattern for the SBP. Chart 2B shows the enhanced food-based meal pattern for the SBP.

Chart 3: Afterschool Snacks Served Under the National School Lunch Program (NSLP)

Schools may serve reimbursable supplemental snacks to children in an eligible afterschool snack program. Chart 3 provides the minimum requirements for afterschool snacks.

Chart 4: Child and Adult Care Food Program (CACFP)

For children and adults participating in the CACFP:

Chart 4A shows the minimum meal pattern requirements for breakfast;

Chart 4B shows the minimum meal pattern requirements for lunch;

Chart 4C shows the minimum meal pattern requirements for supper; and

Chart 4D shows the minimum meal pattern requirements for snacks.

Chart 5: Summer Food Service Program (SFSP)

Chart 5 shows the breakfast, lunch or supper, and snack patterns for the SFSP.

Chart 6: Minimum Required Menu Items for Nutrient Standard Menu Planning

Chart 6 is a summary of the menu items required when using the Nutrient Standard or Assisted Nutrient Standard Menu Planning approaches.

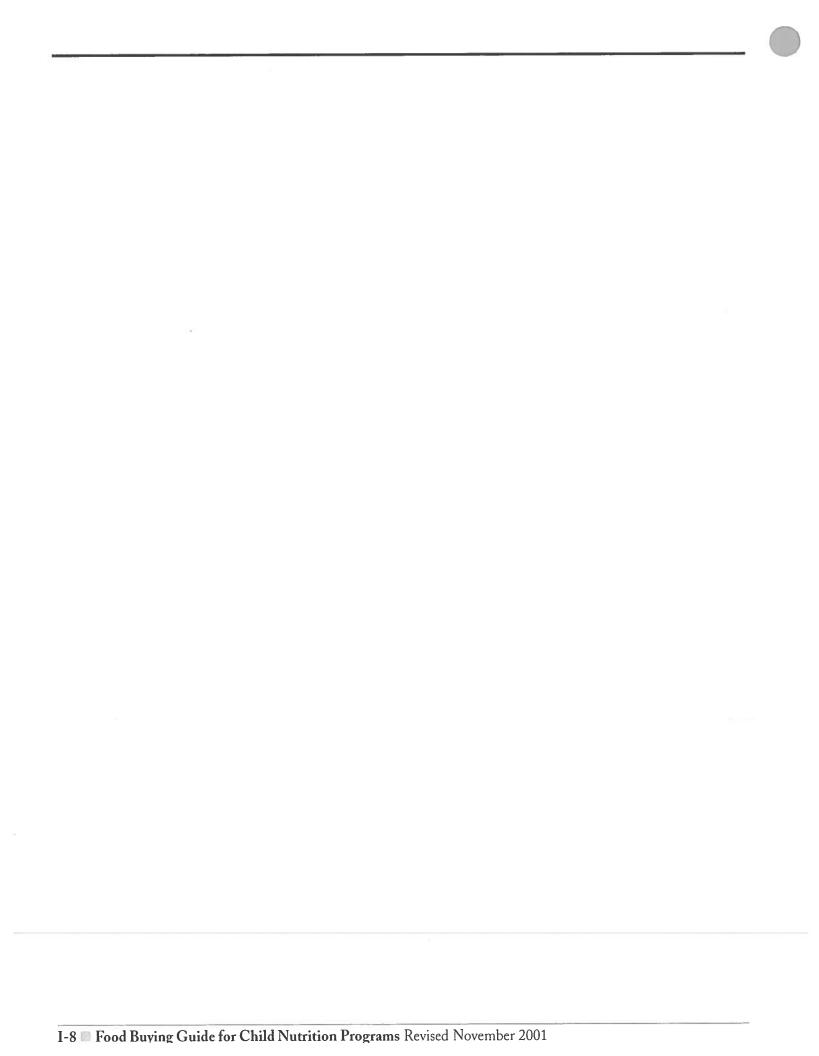


SCHOOL LUNCH PATTERNS	
Chart 1A	

TRADITIONAL FOOD-BASED MENU PLANNING - Meal Pattern

		MINIMUM	MINIMUM QUANTITIES		RECOMMENDED QUANTITIES
FOOD COMPONENTS AND FOOD ITEMS	GROUP I AGES 1 and 2	GROUP II AGES 3 and 4	GROUP III AGES 5-8	GROUP IV AGE 9 AND OLDER	GROUP V AGE 1.2 AND OLDER
	PRESCHOOL	PRESCHOOL	GRADES K-3	GRADES 4-12	GRADES 7-12
Wilk, fluid (as a beverage)	6 fl oz (3/4 cup)	6 fl oz (3/4 cup)	8 fl oz (1 cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Meat or Meat Alternate ^{1, 2, 3, 4, 5} (quantity of the edible portion as served):					
Lean meat, poultry, or fish	1 02	1-1/2 oz	1-1/2 oz	2 oz	3 oz
Alternate protein products ³	1 02	1-1/2 oz	1-1/2 02	2 oz	3 oz
Cheese	1 02	1-1/2 02	1-1/2 oz	2 oz	3 oz
Egg (large)	1/2 large egg	3/4 large egg	3/4 large egg	1 large egg	1-1/2 large eggs
Cooked dry beans or peas ⁴	1/4 cup	3/8 cup	3/8 cup	1/2 cup	3/4 cup
Peanut butter or other nut or seed butters	2 Tbsp	3 Tbsp	3 Tbsp	4 Tbsp	6 Tbsp
Yogurt, plain or flavored, unsweetened or sweetened - commercially prepared	4 oz or 1/2 cup	6 oz or 3/4 cup	6 oz or 3/4 cup	8 oz or 1 cup	12 oz or 1-1/2 cups
The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above: Peanuts, soynuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternate (1 oz of nuts/seeds=1 oz of cooked lean meat, poultry, or fish) ⁵	1/2 oz = 50% ⁵	3/4 oz = 50% ⁵	3/4 oz = 50%	1 02 - 50%	1-1/2 oz = 50%
Vegetable or Fruit^{4, 6} Two or more servings of different vegetables, fruits, or both	1/2 cup	1/2 cup	1/2 cup	3/4 cup	3/4 cup
Grains/Breads ⁷ (Servings per week): Must be enriched or whole-grain or made from enriched or whole-grain flour or meal that may include bran and/or germ. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or 1/2 cup of cooked rice, macaroni, noodles, other pasta products, or cereal grains.	5 per week ⁸ -minimum of 1/2 per day	8 per week ⁸ -minimum of 1 per day	8 per week ⁸ -minimum of 1 per day	8 per week ⁸ -minimum of 1 per day	10 per week ⁸ -minimum of 1 per day

¹Must be served in the main dish or the main dish plus only one other menu item.
² Enriched macaroni with fortified protein may be used to meet part of the meat or meat alternate requirement.
³ Alternate protein products must meet the requirements in Appendix A of 7 CFR Part 210.
⁴ Cooked dry beans or peas may be used as a meat alternate or as a vegetable, but not as both components in the same meal.
⁵ Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.
⁶ No more than one-half of the total requirement may be met with full-strength fruit or vegetable juice.
⁷ Enriched macaroni with fortified protein may be used as a meat alternate or as a grains/breads item, but not as both components in the same meal.
⁸ For the purposes of this chart, a week equals 5 school days.



SCHOOL LUNCH PATTERNS	
Chart 1B	

ENHANCED FOOD-BASED MENU PLANNING - Meal Pattern

		MINIMUM RE	MINIMUM REQUIREMENTS		OPTION FOR
FOOD COMPONENTS AND FOOD ITEMS	AGES 1 and 2	PRESCHOOL	GRADES K-6	GRADES 7-12	GRADES K-3
Wilk, fluid (as a beverage)	6 fl oz (3/4 cup)	6 fl oz (3/4 cup)	8 fl oz (1 cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Meat or Meat Alternate ^{1, 2, 3, 4, 5} (quantity of the edible portion as served):					
Lean meat, poultry, or fish	1 02	1-1/2 oz	2 oz	2 02	1-1/2 oz
Alternate protein products ³	1 oz	1-1/2 oz	2 02	2 oz	1-1/2 oz
Cheese	1 02	1-1/2 oz	2 02	2 oz	1-1/2 oz
Egg (large)	1/2 large egg	3/4 large egg	1 large egg	1 large egg	3/4 large egg
Cooked dry beans or peas⁴	1/4 cup	3/8 cup	1/2 cup	1/2 cup	3/8 cup
Peanut butter or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp	3 Tbsp
Yogurt, plain or flavored, unsweetened, or sweetened – commercially prepared	4 oz or 1/2 cup	6 oz or 3/4 cup	8 oz or 1 cup	8 oz or 1 cup	6 oz or 3/4 cup
The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above: Peanuts, soynuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternate (1 oz of nuts/seeds = 1 oz of cooked lean meat, poultry, or fish). ⁵	1/2 oz = 50% ⁵	3/4 oz = 50% ⁵	1 oz = 50%	1 oz = 50%	3/4 oz = 50%
Vegetable or Fruit ^{4.6} Two or more servings of different vegetables, fruits, or both	1/2 cup	1/2 cup	3/4 cup plus an extra 1/2 cup over a week	1 cup	3/4 cup
Grains/Breads ⁷ (Servings per week): Must be enriched or whole-grain or made from enriched or whole-grain flour or meal that may include bran and/or germ. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or 1/2 cup of cooked rice, macaroni, noodles, other pasta products, or cereal grains.	5 per week ⁸ -minimum of 1/2 per day	8 per week ⁸ -minimum of 1 per day	12 per week ⁸ -minimum of 1 per day³	15 per week ⁸ -minimum of 1 per week ⁸ -minimum of 1 per day ⁹	10 per week ⁸ -minimum of 1 per day ⁸

¹Must be served in the main dish or the main dish plus only one other menu item.

Enriched macaroni with fortified protein may be used to meet part of the meat or meat alternate requirement.

³ Alternate protein products must meet requirements in Appendix A of 7 CFR Part 210.

Cooked dry beans or peas may be used as a meat alternate or as a vegetable, but not as both components in the same meal.

Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

⁸ No more than one-half of the total requirement may be met with full-strength fruit or vegetable juice. Enriched macaroni with fortified protein may be used as a meat alternate or as a grains/breads item, but not as both components in the same meal.

Chart 2A SCHOOL BREAKFAST PATTERNS	T PATTERNS		
TRADITIONAL FOOD-BASED MENU PLANNING ALTERNATIVE — Meal Pattern	ING ALTERNATIVE	— Meal Pattern	
		MINIMUM REQUIREMENTS	REMENTS
FOOD COMPONENTS AND FOOD ITEMS	AGES 1 and 2	PRESCHOOL	GRADES K-12
Milk (Fluid) (As a beverage, on cereal, or both)	4 fl oz (1/2 cup)	6 fl oz (3/4 cup)	8 fi oz (1 cup)
Juice/Fruit/Vegetable Fruit and/or vegetable; or full-strength fruit juice or vegetable juice	1/4 cup	1/2 cup	1/2 cup
SELECT ONE SERVING FROM EACH OF THE FOLLOWING COMPONENTS; TWO FROM ONE COMPONENT; OR AN EQUIVALENT COMBINATION ⁴ :			
Grains/Breads ²			
Whole-grain or enriched bread	1/2 slice	1/2 slice	1 slice
Whole-grain or enriched biscuit, roll, muffin, etc.	1/2 serving	1/2 serving	1 serving
Whole-grain, enriched, or fortified cereal	1/4 cup or 1/3 oz	1/3 cup or 1/2 oz	3/4 cup or 1 oz
Meat or Meat Alternate ^{3, 4, 5}			
Lean meat/poultry or fish	1/2 oz	1/2 02	1 oz
Alternate protein products ³	1/2 02	1/2 02	1 oz
Cheese	1/2 oz	1/2 oz	1 oz
Egg (large)	1/2 large egg	1/2 large egg	1/2 large egg
Peanut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp
Cooked dry beans and peas	2 Tbsp	2 Tbsp	4 Tbsp
Nuts and/or seeds (as listed in program guidance) ^{4.5}	1/2 025	1/2 oz ⁵	1 oz
Yogurt, plain or flavored, unsweetened, or sweetened - commercially prepared	2 oz or 1/4 cup	2 oz or 1/4 cup	4 oz or 1/2 cup

¹Minimum servings for meat/meat alternate = 0.25 ounce and for grains/breads = 1/4 serving.
² Grains/Breads must be enriched or whole-grain or made from enriched or whole-grain flour or meal that may include bran and/or germ.
³ Alternate protein products must meet requirements in Appendix A 7 CFR Part 220.
⁴ No more than 1 ounce of nuts and/or seeds may be served in any one breakfast.
⁵ Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.



Chart 2B SCHOOL BREAKFAST PATTERNS	AST PATTER	SNS		
ENHANCED FOOD-BASED MENU PLANNING ALTERNATIVE —	INING ALTERN	ATIVE — Meal	Meal Pattern	
		MINIMUM RI	MINIMUM REQUIREMENTS	
FOOD COMPONENTS AND FOOD ITEMS		REQUIRED FOR		OPTION FOR
	AGES 1 and 2	PRESCHOOL	GRADES K-12	GRADES 7-12
Milk (Fluid) (As a beverage, on cereal, or both)	4 fl oz (1/2 cup)	6 fl oz (3/4 cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Juice/Fruit/Vegetable Fruit and/or vegetable; or full-strength fruit juice or vegetable juice	1/4 cup	1/2 cup	1/2 cup	1/2 cup
SELECT ONE SERVING FROM EACH OF THE FOLLOWING COMPONENTS; OR TWO FROM ONE COMPONENT; OR AN EQUIVALENT COMBINATION [±]				
Grains/Breads ²				
Whole-grain or enriched bread	1/2 slice	1/2 slice	1 slice	1 slice
Whole-grain or enriched biscuit, roll, muffin, etc.	1/2 serving	1/2 serving	1 serving	1 serving
Whole-grain, enriched, or fortified cereal	1/4 cup or 1/3 oz	1/3 cup or 1/2 oz	3/4 cup or 1 oz	3/4 cup or 1 oz - Plus an additional serving of one of the Grains/Breads above.
Meat or Meat Alternate3,4,5				
Lean meat/poultry or fish	1/2 oz	1/2 02	1 oz	1 02
Alternate protein products ³	1/2 oz	1/2 oz	1 oz	1 02
Cheese	1/2 oz	1/2 oz	1 02	1 02
Egg (large)	1/2 large egg	1/2 large egg	1/2 large egg	1/2 large egg
Peanut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp
Cooked dry beans and peas	2 Tbsp	2 Tbsp	4 Tbsp	4 Tbsp
Nuts and/or seeds (as listed in program guidance)*.5	1/2 oz ⁵	1/2 oz ⁵	1 02	1 02
Yogurt, plain or flavored, unsweetened, or sweetened – commercially prepared	2 oz or 1/4 cup	2 oz or 1/4 cup	4 oz or 1/2 cup	4 oz or 1/2 cup

¹ Minimum servings for meat/meat alternate = 0.25 ounce and for grains/breads = 1/4 serving.
² Grains/Breads must be enriched or whole-grain or made from enriched or whole-grain flour or meal that may include bran and/or germ.
³ Alternate protein products must meet requirements in Appendix A of 7 CFR Part 220.
⁴ No more than 1 ounce of nuts and/or seeds may be served in any one breakfast.
⁵ Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.



Chart 3 NATIONAL SCHOOL LUNCH PROGRAM MEAL PATTERN

AFTERSCHOOL SNACKS

SELECT TWO OF THE FOUR COMPONENTS FOR A REIMBURSABLE SNACK

FOOD COMPONENTS AND FOOD ITEMS ¹	CHILDREN AGES 1 and 2	CHILDREN AGES 3-5	CHILDREN AGES 6-12 ¹
Milk	- FIRE TRANSPORT		
Fluid milk	4 fl oz (1/2 cup)	4 fl oz (1/2 cup)	8 fl oz (1 cup)
Vegetable or Fruit ^{2, 9}			
Juice ^{2,9} , fruit, and/or vegetable	1/2 cup	1/2 cup	3/4 cup
Grains/Breads ^{3, 4}			
Bread or	1/2 slice	1/2 slice	1 slice
Cornbread or biscuit or roll or muffin or	1/2 serving	1/2 serving	1 serving
Cold dry cereal ⁴ or	1/4 cup or 1/3 oz4	1/3 cup or 1/2 oz4	3/4 cup or 1 oz4
Cooked cereal grains or	1/4 cup	1/4 cup	1/2 cup
Cooked pasta or noodles	1/4 cup	1/4 cup	1/2 cup
Meat/Meat Alternate ^{5, 6, 7}			
Lean meat or poultry or fish ⁵ or	1/2 oz	1/2 oz	1 oz
Alternate protein products ⁶ or	1/2 oz	1/2 oz	1 oz
Cheese or	1/2 oz	1/2 oz	1 oz
Egg (large) or	1/2 large egg	1/2 large egg	1/2 large egg
Cooked dry beans or peas or	1/8 cup	1/8 cup	1/4 cup
Peanut or other nut or seed butters or	1 Tbsp	1 Tbsp	2 Tbsp
Nuts and/or seeds ⁷ or	1/2 oz ⁷	1/2 oz ⁷	1 oz
Yogurt ⁸	2 oz or 1/4 cup	2 oz or 1/4 cup	4 oz or 1/2 cup

¹ Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.

² Full strength vegetable and/or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice.

³ Grains/Breads must be whole-grain or enriched, or made from whole-grain or enriched flour or meal that may include bran and/or germ. Cereal must be whole-grain, enriched, or fortified.

⁴ Either volume (cup) or weight (oz), whichever is less.

⁵ A serving consists of the edible portion of cooked lean meat or poultry or fish.

⁶ Alternate protein products must meet requirements in Appendix A of 7 CFR Part 210.

⁷ Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

⁸ Yogurt may be plain or flavored, unsweetened, or sweetened - commercially prepared.

⁹ Juice may not be served when milk is the only other component.



Chart 4A

CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS

BREAKFAST

SERVE ALL THREE COMPONENTS FOR A REIMBURSABLE BREAKFAST

FOOD COMPONENTS AND FOOD ITEMS	CHILDREN AGES 1 and 2	CHILDREN AGES 3-5	CHILDREN AGES 6-12 ¹	ADULTS
Milk				
Fluid milk	4 fl oz (1/2 cup)	6 fl oz (3/4 cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Vegetable or Fruit				n alaman
Full strength juice ² , fruit, and/or vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Grains/Breads ³				
Bread or	1/2 slice	1/2 slice	1 slice	2 slices (servings)
Cornbread or biscuit or roll or muffin or	1/2 serving	1/2 serving	1 serving	2 servings
Cold dry cereal ⁴ or	1/4 cup or 1/3 oz4	1/3 cup or 1/2 oz4	3/4 cup or 1 oz⁴	1-1/2 cup or 2 oz4
Cooked cereal grains or	1/4 cup	1/4 cup	1/2 cup	1 cup
Cooked pasta or noodles	1/4 cup	1/4 cup	1/2 cup	1 cup

¹ Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.

² Full strength vegetable and/or fruit juice or an equivalent quantity of any combination of vegetable(s) or fruit(s), and juice.

³ Breads and grains must be enriched or whole-grain or made from enriched or whole-grain flour or meal that may include bran and/or germ. Cereal must be whole-grain or enriched or fortified.

⁴ Either volume (cup) or weight (oz), whichever is less.

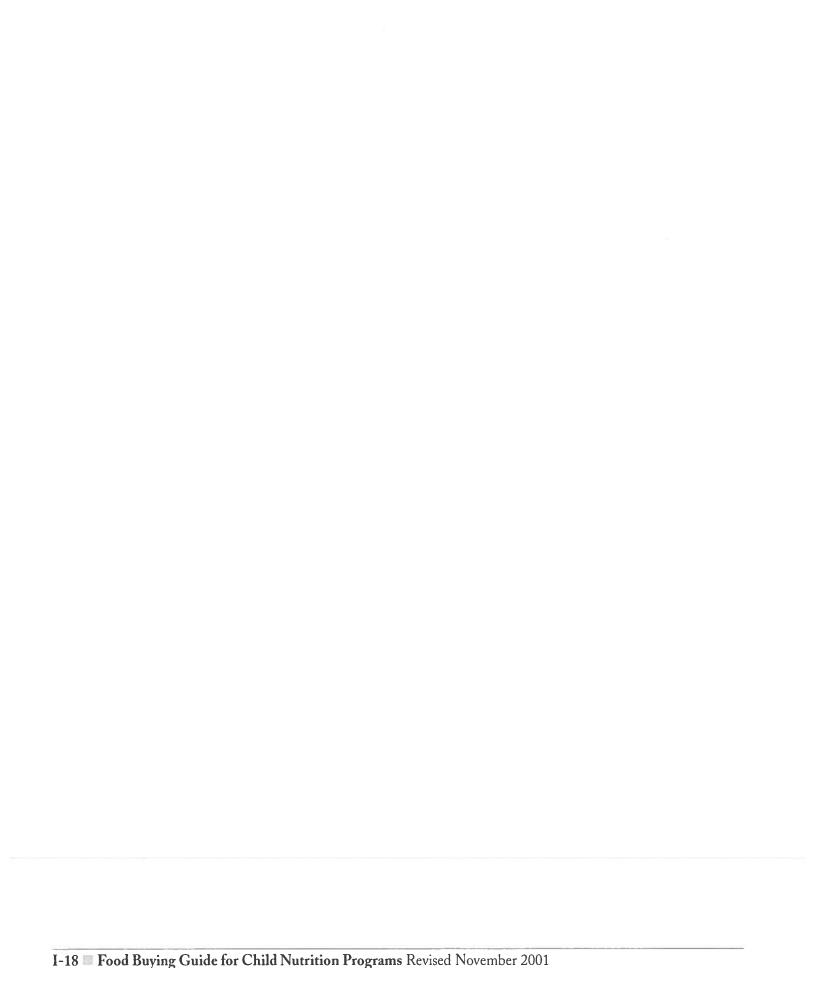


Chart 4B

CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS

LUNCH

SERVE ALL FOUR COMPONENTS FOR A REIMBURSABLE LUNCH

FOOD COMPONENTS AND FOOD ITEMS ¹	CHILDREN AGES 1 and 2	CHILDREN AGES 3-5	CHILDREN AGES 6-12 ¹	ADULTS
Milk		AF 5- 3		
Fluid milk	4 fl oz (1/2 cup)	6 fl oz (3/4 cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Vegetable or Fruit ² Two or more servings of vegetables and/or fruits				
Juice ² , fruit and/or vegetable	1/4 cup total	1/2 cup total	3/4 cup total	1 cup total
Grains/Breads ³			4 2 2	
Bread or	1/2 slice	1/2 slice	1 slice	2 slices (servings)
Cornbread or biscuit or roll or muffin or	1/2 serving	1/2 serving	1 serving	2 servings
Cooked cereal grains or	1/4 cup	1/4 cup	1/2 cup	1 cup
Cooked pasta or noodles	1/4 cup	1/4 cup	1/2 cup	1 cup
Meat/Meat Alternate ^{4, 5, 6, 7, 8}				
Lean meat or poultry or fish ⁴ or	1 oz	1-1/2 oz	2 oz	2 oz
Alternate protein products ⁵	1 oz	1-1/2 oz	2 oz	2 oz
Cheese or	1 oz	1-1/2 oz	2 oz	2 oz
Egg (large) or	1/2 large egg	3/4 large egg	1 large egg	1 large egg
Cooked dry beans or peas or	1/4 cup	3/8 cup	1/2 cup	1/2 cup
Peanut or other nut or seed butters or	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp
Nuts and/or seeds ^{6,7} or	1/2 oz = 50% ⁷	$3/4 \text{ oz} = 50\%^7$	1 oz = 50%	1 oz = 50%
Yogurt ⁸	4 oz or 1/2 cup	6 oz or 3/4 cup	8 oz or 1 cup	8 oz or 1 cup

¹ Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.

² Serve two or more kinds of vegetable(s) and/or fruit(s). Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.

³ Grains/breads must be whole grain or enriched, made from whole-grain or enriched flour or meal which may include bran and/or germ. Cereal must be whole-grain or enriched or fortified.

⁴ A serving consists of the edible portion of cooked lean meat or poultry or fish.

⁵ Alternate protein products must meet requirements in Appendix A of 7 CFR Part 226.

⁶ Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch requirement.

Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

⁸ Yogurt may be plain or flavored, unsweetened, or sweetened – commercially prepared.



Chart 4C

CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS

SUPPER

SERVE ALL FOUR COMPONENTS FOR A REIMBURSABLE SUPPER

FOOD COMPONENTS AND FOOD ITEMS ¹	CHILDREN AGES 1 and 2	CHILDREN AGES 3-5	CHILDREN AGES 6-12 ¹	ADULTS
Milk				optional
Fluid milk	4 fl oz (1/2 cup)	6 fl oz (3/4 cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Vegetable or Fruit ² Two or more servings of different vegetables and or fruits				
Juice ² , fruit and/or vegetable	1/4 cup total	1/2 cup total	3/4 cup total	1 cup total
Grains/Breads ³				至为海市
Bread or	1/2 slice	1/2 slice	1 slice	2 slices (servings)
Cornbread or biscuit or roll or muffin or	1/2 serving	1/2 serving	1 serving	2 servings
Cooked cereal grains or	1/4 cup	1/4 cup	1/2 cup	1 cup
Cooked pasta or noodles	1/4 cup	1/4 cup	1/2 cup	1 cup
Meat/Meat Alternate ^{4, 5, 6, 7, 8}				
Lean meat or poultry or fish ⁴ or	1 oz	1-1/2 oz	2 oz	2 oz
Alternate protein products ⁵ or	1 oz	1-1/2 oz	2 oz	2 oz
Cheese or	1 oz	1-1/2 oz	2 oz	2 oz
Egg (large) or	1/2 large egg	3/4 large egg	1 large egg	1 large egg
Cooked dry beans or peas or	1/4 cup	3/8 cup	1/2 cup	1/2 cup
Peanut or other nut or seed butters or	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp
Nuts and/or seeds ^{6,7} or	1/2 oz = 50% ⁷	$3/4 \text{ oz} = 50\%^7$	1 oz = 50%	1 oz = 50%
Yogurt ⁸	4 oz or 1/2 cup	6 oz or 3/4 cup	8 oz or 1 cup	8 oz or 1 cup

¹ Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.

² Serve two or more kinds of vegetable(s) and/or fruit(s). Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.

³ Grains/Breads must be whole-grain or enriched, or made from whole-grain or enriched flour or meal that may include bran and/or germ. Cereal must be whole-grain or enriched or fortified.

⁴ A serving consists of the edible portion of cooked lean meat or poultry or fish.

⁵ Alternate protein products must meet requirements in Appendix A of 7 CFR Part 226.

⁶ Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the supper requirement.

⁷ Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

Yogurt may be plain or flavored, unsweetened, or sweetened - commercially prepared.



Chart 4D

CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS

SNACKS

SELECT TWO OF THE FOUR COMPONENTS FOR A REIMBURSABLE SNACK

FOOD COMPONENTS AND FOOD ITEMS ¹	CHILDREN AGES 1 and 2	CHILDREN AGES 3-5	CHILDREN AGES 6-12 ¹	ADULTS
Milk				
Fluid milk	4 fl oz (1/2 cup)	4 fl oz (1/2 cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Vegetable or Fruit ^{2, 9}				
Full strength juice ^{2,9} , fruit and/or vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Grains/Breads ^{3, 4}				
Bread or	1/2 slice	1/2 slice	1 slice	1 slice
Cornbread or biscuit or roll or muffin or	1/2 serving	1/2 serving	1 serving	1 serving
Cold dry cereal ⁴ or	1/4 cup or 1/3 oz4	1/3 cup or 1/2 oz4	3/4 cup or 1 oz4	3/4 cup or 1 oz4
Cooked cereal grains or	1/4 cup	1/4 cup	1/2 cup	1/2 cup
Cooked pasta or noodles	1/4 cup	1/4 cup	1/2 cup	1/2 cup
Meat/Meat Alternate ^{5, 6, 7, 8}				
Lean meat or poultry or fish ⁵ or	1/2 oz	1/2 oz	1 oz	1 oz
Alternate protein products ⁶ or	1/2 oz	1/2 oz	1 oz	1 oz
Cheese or	1/2 oz	1/2 oz	1 oz	1 oz
Egg (large) or	1/2 large egg	1/2 large egg	1/2 large egg	1/2 large egg
Cooked dry beans or peas or	1/8 cup	1/8 cup	1/4 cup	1/4 cup
Peanut or other nut or seed butters or	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp
Nuts and/or seeds ⁷ or	1/2 oz ⁷	1/2 oz ⁷	1 oz	1 oz
Yogurt ⁸	2 oz or 1/4 cup	2 oz or 1/4 cup	4 oz or 1/2 cup	4 oz or 1/2 cup

¹ Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.

² Full strength vegetable and/or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice.

³ Grains/Breads must be enriched or whole-grain or made from whole-grain or enriched flour or meal that may include bran and/or germ. Cereal must be whole-grain or enriched or fortified.

⁴ Either volume (cup) or weight (oz), whichever is less.

⁵ A serving consists of the edible portion of cooked lean meat or poultry or fish.

⁶ Alternate protein products must meet requirements in Appendix A of 7 CFR Part 226.

⁷ Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

⁸ Yogurt may be plain or flavored, unsweetened, or sweetened - commercially prepared.

⁹ Juice may not be served when milk is the only other component.

SUMMER FOOD SERVICE PROGRAM MEAL PATTERN FOR CHILDREN D Chart

SELECT THE APPROPRIATE COMPONENTS FOR A REIMBURSABLE MEAL

EOOD COMBONENTS	RDEAKEAST	THINGS CHEEFE	SNACKS
AND FOOD ITEMS	SERVE ALL THREE	SERVE ALL FOUR	SERVE TWO OF THE FOUR
Milk ^{4.2}			3 15 6
Fluid milk	8 fl oz (1 cup) ¹	8 fl oz (1 cup)²	8 fl oz (1 cup)1
Vegetable or Fruit ^{3, 4, 5}			
Juice, fruit and/or vegetable	1/2 cup³ (juice must be full-strength)	3/4 cup⁴ total	3/4 cup ^{3,5} (juice must be full-strength)
Grains/Breads ^{6,7}			
Bread or	1 slice	1 slice	1 slice
Cornbread or biscuit or roll or Muffin or	1 serving	1 serving	1 serving
Cold dry cereal? or	3/4 cup or 1 oz7	N/A	3/4 cup or 1 oz7
Hot cooked cereal or	1/2 cup	1/2 cup	1/2 cup
Cooked pasta or noodles or grains	1/2 cup	1/2 cup	1/2 cup
Meat/Meat Alternate ^{8, 9, 10, 11, 12}	optional		
Lean meat or poultry or fish ^a or	1 02	2 oz	1 oz
Alternate protein products ⁹ or	1 oz	2 oz	1 oz
Cheese or	1 oz	2 02	1 02
Egg (large) or	1/2 large egg	1 large egg	1/2 large egg
Cooked dry beans or peas <i>or</i>	1/4 cup	1/2 cup	1/4 cup
Peanut or other nut butters or	2 Tbsp	4 Tbsp	2 Tbsp
Nuts and/or seeds ¹¹ or	1	$1 \text{ oz} = 50\%^{10,11}$	1 02 ¹¹
Yogurt ¹²	4 oz (1/2 cup)	8 oz (1 cup)	4 oz (1/2 cup)

For Breakfast or Snack, fluid milk shall be served as a beverage, or on cereal, or use part of it for each purpose.

For Lunch or Supper, fluid milk shall be used as a beverage. Fruit or vegetable juice must be full-strength for Breakfast and Snacks.

For Lunch or Supper, serve two or more kinds of vegetable(s) and/or fruit(s). Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement. Juice may not be served to fulfill the supplement requirement, when milk is served as the only other component. Grains/Breads must be enriched or whole-grain, or made from whole-grain or enriched flour or meal that may include bran and/or germ. Cereal must be whole-grain or enriched or fortified. Either volume (cup) or weight (oz), whichever is less.

A serving consists of the edible portion of cooked lean meat or poultry or fish. Alternate protein products must meet requirements in Appendix A of 7 CFR Part 225.

¹⁰Nuts and seeds may meet no more than one-half of the total meat/meat alternate to fulfill the lunch or supper requirement.
¹¹Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.
¹²Yogurt may be plain or flavored, unsweetened, or sweetened - commercially prepared.



Nutrient Standard Menu Planning (NSMP) Requirements

Menus planned under the NSMP approach must meet two requirements:

- 1) When averaged over the school week, school lunches and school breakfasts must meet the specific age- or grade-based nutrient standards as defined in 7 CFR Parts 210.10 and 220.8; and
- 2) At a minimum, planned menus must contain the menu items as summarized in Chart 6 below. Additional menu items may need to be added in order to meet nutrient standards and/or to increase variety.

Chart 6 MINIMUM REQUIRED MENU ITEMS FOR NUTRIENT STANDARD MENU PLANNING

	MINIMUM AMOUNTS		
lenu Items	Lunch	Breakfast	
Entree	1 serving	none	
Other menu item(s) (side dishes)	1 serving	2 servings	
Fluid milk	1 serving	1 serving	

To Help You Use This Guide

This section contains a variety of information and reference tools, starting with a list of common abbreviations and symbols used.

Also included are tips on portion control and tables showing:

- common can and jar sizes;
- how to substitute one can size for another;
- how to convert customary units (such as pounds and ounces) to their metric equivalents; and
- how to convert parts of a unit (such as 1/2 gallon or 1/4 pound) to the correct decimal equivalent.

Table 1
List of Abbreviations and Symbols Used

AP as purchased	vol volume
EP edible portion	tsp teaspoon
incl including	Tbsp tablespoon
excl excluding	floz fluid ounce
cyl cylinder	c cup
pkg package	pt pint
No number	qt quart
approx approximately	gal gallon
wt weight	mL milliliter
oz ounce	L liter
lb pound	# number
g gram	vac vacuum
kg kilogram	

Common Can and Jar Sizes

The following tables provide helpful information on 10 common can and jar sizes. *Table 2* lists the average total net weight or fluid measure per can and the average volume per can. *Table 3* gives information on number of cans per case and principal products.

It is important to know:

- Can sizes are industry terms and do not necessarily appear on the label.
- The net weight on can or jar labels differs according to the density of the contents. For example, a No. 10 can of sauerkraut weighs 6 lb 3 oz (2.81 kg), while a No. 10 can of cranberry sauce weighs 7 lb 5 oz (3.32 kg).
- No. 10 cans of the same food item may have different net weights depending on the manufacturer.
- Canned meats, fish, and shellfish are known and sold by the weight (not volume) of the contents in the can.
- The number 303 can for vegetables is no longer used by American canners. The conversion information for the 303 can remains in the following tables since some of these canned products may still be in storage. Be aware that the yield data tables have been revised; the 303 can yield data have been removed and replaced with the 300 can yield data.



Table 2
Common Can and Jar Sizes
Average Net Weight or Fluid Measure and Average Volume Per Can

Can Size	Average Net Weight or Fluid Measure per Can		Average Volume per Can	
	Customary	Metric	Сирѕ	Liters
No. 10	6 lb (96 oz) to 7 lb 5 oz (117 oz)	2.72 kg to 3.31 kg	12 cups to 13-2/3 cups	2.84 L to 3.24 L
No. 3 Cyl	51 oz (3 lb 3 oz) or 46 fl oz (1 qt 14 fl oz)	1.44 kg or 1.36 L	5-3/4 cups	1.36 L
No. 2-1/2	26 oz (1 lb 10 oz) to 30 oz (1 lb 14 oz)	737 g to 850 g	3-1/2 cups	0.83 L
No. 2 Cyl	24 fl oz	709 mL	3 cups	0.71 L
No. 2	20 oz (1 lb 4 oz) or 18 fl oz (1 pt 2 fl oz)	567 g or 532 mL	2-1/2 cups	0.59 L
No. 303 (old)	16 oz (1 lb) to 17 oz (1 lb 1 oz)	453 g to 481 g	2 cups	0.47 L
No. 300 (new)	14 oz to 16 oz (1 lb)	396 g to 453 g	1-3/4 cups	0.41 L
No. 2 (Vacuum)	12 oz	340 g	1-1/2 cups	0.36 L
No. 1 (Picnic)	10-1/2 oz to 12 oz	297 g to 340 g	1-1/4 cups	0.30 L
8 oz	8 oz	226 g	1 cup	0.24 L

Table 3
Common Can and Jar Sizes
Cans Per Case and Principal Products

Can Size	Cans per Case	Principal Products	
No. 10	6 cans per case	Institutional size: Fruits, vegetables, some other foods	
No. 3 Cyl	12 cans per case	Institutional size: Condensed soups, some vegetables, meat and poultry products, fruit and vegetable juices	
No. 2-1/2	24 cans per case	Family size: Fruits, some vegetables	
No. 2 Cyl	24 cans per case	Family size: Juices, soups	
No. 2	24 cans per case	Family size: Juices, ready-to-serve soups, some fruits	
No. 303 (old)	24 or 36 cans per case	Small cans: Fruits and vegetables, some meat and poultry products, ready-to-serve soups	
No. 300 (new)	24 cans per case	Small cans: Some fruits and meat products	
No. 2 (Vacuum)	24 cans per case	Small cans: Principally vacuum-packed corn	
No. 1 (Picnic)	48 cans per case	Small cans: Condensed soups, some fruits, vegetables, meat, fish	
8 oz per case	48 or 72 cans	Small cans: Ready-to-serve soups, fruits, vegetables	

Figure 1
Can Size Template

Lie a can on its side directly on this actual size template to help you determine what size can it is.

Dimensional Food Can Standards

Height

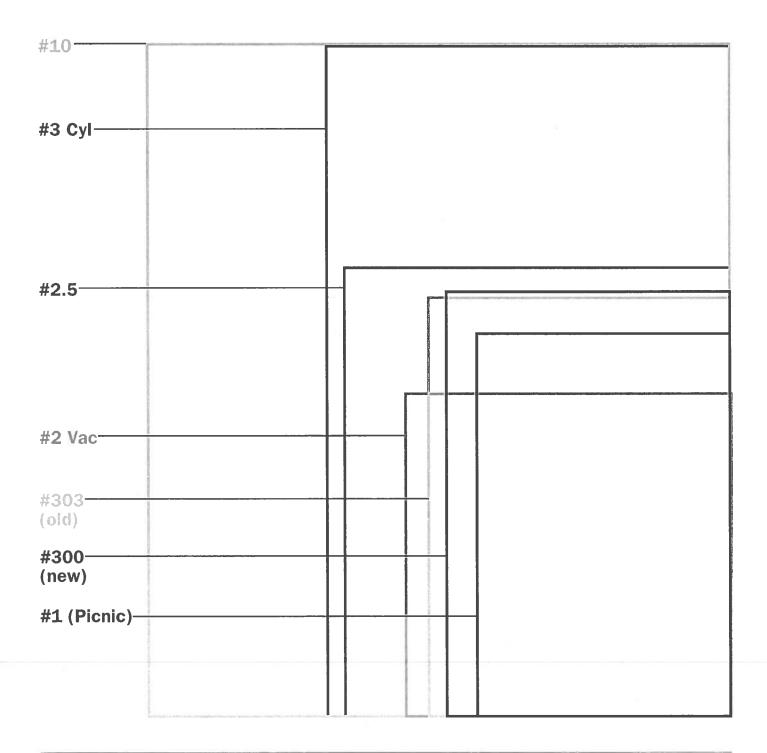
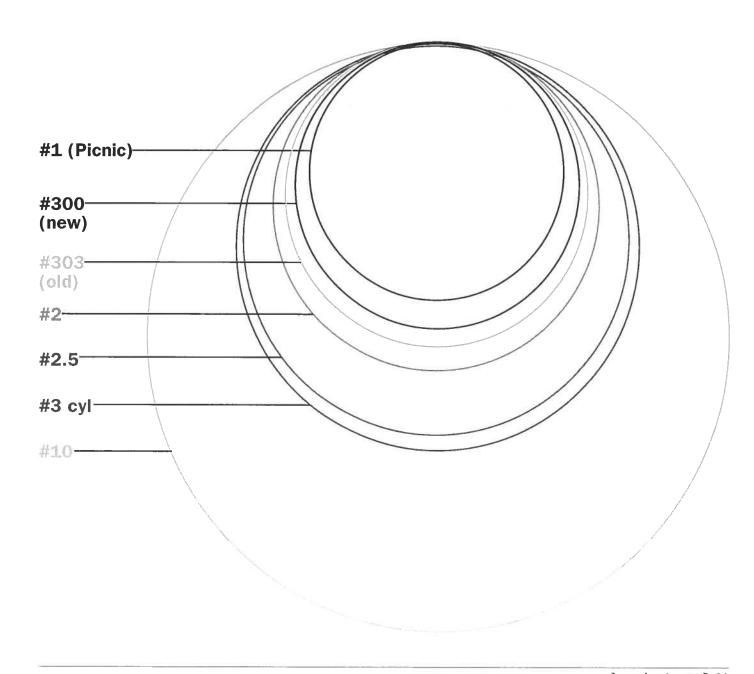


Figure 2
Can Size Template

Position the top side of a can directly on this actual size template to help you determine what size can it is.

Dimensional Food Can Standards

Diameter



Substituting Can Sizes

As you plan menus and make purchasing decisions, you may sometimes want to use a different size can than the ones listed in this guide.

For example, you might have several No. 2 cans of wax beans in inventory you would like to use. *The Food Buying Guide* lists yield information for this product in No. 2-1/2 cans. On page 2-2, you will see that for 100 servings of heated, drained vegetable, you would need 7.8 No. 2-1/2 cans. How will you know how many No. 2 cans to use for 100 servings?

Table 4 makes substitutions easy. To use this table:

- Read across the top to find the column that begins with the can size you have. In the example above, you would see that No. 2 is listed in the fourth column.
- Read down the rows listed under "Can Size In Yield Table." Find the can size for which you want to make the substitution. In the example above, you would read down the third row to find No. 2-1/2.
- Find where the column and the row intersect and note the figure listed.

 This tells you how many cans you will need to make the substitution. In the example above, you would note that "1.5" is shown where the fourth column and third row intersect.

For the example above, this tells you:

In place of each No. 2-1/2 can, you would need to use 1.5 No. 2 cans.

To answer how many No. 2 cans you would need for 100 servings of wax beans: 1) Multiply the number of 2-1/2 cans needed for 100 servings (7.8) times the number of size 2 cans needed to substitute for one 2-1/2 can (1.5).

Calculation: 7.8 multiplied by 1.5 equals 11.7

Therefore, if you need 7.8 No. 2-1/2 cans for 100 servings, you would need 11.7 No. 2 cans for the same 100 servings. Keep in mind that you will have to open 12 cans.

Table 4
A Guide for Substituting Cans

P	CAN SIZE YOU HAVE					
CAN SIZE IN YIELD TABLE	No. 10	No. 3Cyl	No. 2-1/2	No. 2	No. 303	No. 300
No. 10	1.0	2.1	3.7	5.3	6.5	7.4
No. 3 Cyl	0.5	1.0	1.8	2.6	3.1	3.3
No. 2-1/2	0.3	0.6	1.0	1.5	1.8	2.0
No. 2	0.2	0.4	0.7	1.0	1.3	1.5
No. 303 (old)	0.2	0.3	0.6	0.8	1.0	1.2
No. 300 (new)	0.1	0.3	0.5	0.7	0.9	1.0

Decimal Equivalents

The following four tables will help you convert units of weight and measurement to their decimal equivalents or convert decimal equivalent to measurable or weighable units.

Table 5 lists ounces and their decimal equivalents in pounds.

Table 6 lists common fractions and their number equivalent in decimal form. Use this table as a quick reference when you need to convert a commonly used fraction into numbers.

Table 7 lists numbers in decimal form and converts and rounds them down to the correct fraction of a cup for crediting vegetables/fruits servings.

Table 8 shows decimal equivalents for fractions of pounds, cups, and gallons. These can be listed in the same table because each breaks down into 16 parts. For example, just as there are 16 ounces in a pound, there are also 16 tablespoons in a cup, and 16 cups in a gallon.

Table 5 **Decimal Weight Equivalents**

ds	Ounces	Pounds	Ounces
lb	16 oz =	0.06 lb	1 oz =
lb	32 oz =	0.12 lb	2 oz =
lb	35 oz =	0.19 lb	3 oz =
lb	48 oz =	0.25 lb	4 oz =
lb	64 oz =	0.31 lb	5 oz =
· 1b	71 oz =	0.38 lb	6 oz =
lb	80 oz =	0.44 lb	7 oz =
1b	96 oz =	0.50 lb	8 oz =
 1b	106 oz =	0.56 lb	9 oz =
lb	112 oz =	0.62 lb	10 oz =
) lb	128 oz =	0.69 lb	11 oz =
 2 lb	141 oz =	0.75 lb	12 oz =
1b	144 oz =	0.81 lb	13 oz =
 lb	160 oz =	0.88 lb	14 oz =
		0.94 lb	15 oz =
lb lb lb lb lb	71 oz = 80 oz = 96 oz = 106 oz = 112 oz = 128 oz = 141 oz = 144 oz =	0.38 lb 0.44 lb 0.50 lb 0.56 lb 0.62 lb 0.69 lb 0.75 lb 0.81 lb	6 oz = 7 oz = 8 oz = 9 oz = 10 oz = 11 oz = 12 oz = 13 oz = 14 oz =

Table 6 **Decimal Equivalents of Commonly Used Fractions**

1/8 = 0.125	1/3 = 0.333	2/3 = 0.666
1/4 = 0.250	1/2 = 0.500	3/4 = 0.750
3/8 = 0.375	5/8 = 0.625	7/8 = 0.875

Use *Table 7* to assist in rounding the decimal equivalent of a vegetables/fruits serving to the correct creditable volume towards the vegetables/fruits meal pattern component. The decimal equivalent is not fluid ounces but the fraction of a cup as determined by crediting calculations.

For example, a recipe analysis calculation determined that one portion of a recipe provides 0.68 cups of vegetables/fruits. Based on Table 7, you can count 5/8 cup vegetable towards the vegetables/fruits meal pattern component since 0.68 is between 0.625 and 0.749. Keep in mind that two or more servings of different vegetables and/or fruits must be served to meet the vegetable/fruit requirement at lunch and/or supper.

Table 7
Converting Decimal Equivalents to the Nearest Portion of a Cup for Fruits and Vegetables

If decimal equivalent is:	the recipe contributes		
0.125249	1/8 cup		
.250374	1/4 cup		
.375499	3/8 cup		
.500624	1/2 cup		
.625749	5/8 cup		
.750874	3/4 cup		
.875999	7/8 cup		
1.000 - 1.124	1 cup		

Using Table 8 to Calculate Fractions of a Unit

EXAMPLES:

Cups to Gallons: You want to convert 10-1/2 cups to the equal volume amount of gallons in decimal form.

1. Find the whole number unit in the left-hand column.

For this example, the whole number is "10". Find "10" in the Number of Units column on the left of the table.

2. Follow this line across the table towards the right to the column headed "+1/2 unit." Read the decimal number.

Going right from the number "10" and stopping under the heading "+1/2 unit," the decimal number reads 0.66.

ANSWER: 10-1/2 cups is equal to 0.66 gallons.

Gallons to Cups: Your recipe calls for 0.53 gallons of an ingredient. You want to know the equal volume amount in cups.

1. Find .53 in the body of the table under the "fraction or part of the unit" columns.

For this example, .53 can be found under the "+1/2 unit" 9 rows down.

2. Follow this line across the table towards the left. Read the number in the "Number of Units" column.

The Number of Units corresponding to .53 (which is under the "+1/2 unit" column) reads "8."

3. Combine the whole unit number from the "Number of Units" column with the fraction listed in the "Fraction or part of the unit" column corresponding to the .53 number.

The whole number = 8The fraction of a number = +1/2Combining these numbers = 8-1/2

ANSWER: 0.53 gallons is equal to 8-1/2 cups.

Table 8 **Decimal Equivalents for Fractions of a Unit**

Whole units are on the left. The fraction or part of the unit is to the right.

If the whole units are:	the decimal equivalents are part of:	
ounces	1 pound	
tablespoons	1 cup	
cups	1 gallon	

FRACTION OR PART OF THE UNIT + 1/4 **NUMBER** + 1/3 + 1/2 + 2/3+ 3/4 **OF UNITS** of unit of unit of unit of unit of unit 0 0.02 0.02 0.03 0.04 0.05 1 0.06 .08 .08 .09 .10 .11 2 .12 .14 .15 .17 .17 .16 3 .19 .20 .21 .22 .23 .23 4 .25 .27 .27 .28 .29 .30 5 .33 .33 .31 .34 .35 .36 6 .38 .39 .40 .41 .42 .42 7 .44 .45 .46 .47 .48 .48 8 .50 .52 .52 .53 .54 .55 9 .58 .56 .58 .59 .60 .61 .65 **10** .62 .64 .66 .67 .67 .69 .70 .71 .73 .73 11 .72 .77 12 .75 .77 .78 .79 .80 13 .81 .83 .83 .84 .85 .86 14 .88 .89 .90 .91 .92 .92 15 .94 .95 .96 .97 .98 .98 16 1.00 1.02 1.02 1.03 1.04 1.05

Metric Equivalents

Metric quantities are increasingly used for food processing, packaging, and specification writing. The following four tables will help you become familiar with the relationship between metric units (Tables 9, 10 and 11) and customary units (Table 12).

Table 9 is a guide to metric conversions showing, for example, how to change ounces to grams by multiplying by 28.35. Table 10 shows metric equivalents by weight. Table 11 shows metric equivalents by volume. Table 12 shows customary units for volume.

Note: For Tables 11 and 12, keep in mind that volume is measured in fluid ounces and liters.

Table 9
A Guide to Metric Conversions

To change	To	Multiply by
ounces (oz)	grams (g)	28.35
pounds (lb)	grams (g)	453.6
pounds (1b)	kilograms (kg)	0.4536
teaspoons (tsp)	milliliters (mL)	4.93
tablespoons (Tbsp)	milliliters (mL)	14.79
fluid ounces (fl oz)	milliliters (mL)	29.57
cups (c)	liters (L)	0.236
pints (pt)	liters (L)	0.473
quarts (qt)	liters (L)	0.946
gallons (gal)	liters (L)	3.785

Table 10)		
Metric	Equivalents	by	Weight

Customary Unit (avoirdupois)	Metric Unit
Ounces (oz)	Grams (g)
1 oz	28.35 g
4 oz	113.4 g
8 oz	226.8 g
16 oz	453.6g
Pounds (lb)	Grams (g)
1 lb	453.6 g
2 lb	907.2 g
Pounds (lb)	Kilograms (kg)
2.2 lb	1 kg (1000 g)



Table 11
Metric Equivalents by Volume

Customary Unit (fluid ounces)	Metric Unit
1 cup (8 fl oz)	236.59 milliliters (mL)
1 quart (32 fl oz)	946.36 milliliters (mL)
1.5 quarts (48 fl oz)	1.42 liter (L)
33.818 fl oz	1.0 liter (L)

Ta	ble 12					
Α	Guide	to	Volume	Equivalents	for	Liquids

1 tablespoon	= 3 teaspoons	= 0.5 fluid ounces
1/8 cup	= 2 tablespoons	= 1 fluid ounce
1/4 cup	= 4 tablespoons	= 2 fluid ounces
1/3 cup	= 5-1/3 tablespoons	= 2.65 fluid ounces
3/8 cup	= 6 tablespoons	= 3 fluid ounces
1/2 cup	= 8 tablespoons	= 4 fluid ounces
5/8 cup	= 10 tablespoons	= 5 fluid ounces
2/3 cup	= 10-2/3 tablespoons	= 5.3 fluid ounces
3/4 cup	= 12 tablespoons	= 6 fluid ounces
7/8 cup	= 14 tablespoons	= 7 fluid ounces
1 cup	= 16 tablespoons	= 8 fluid ounces
1/2 pint	= 1 cup	= 8 fluid ounces
1 pint	= 2 cups	= 16 fluid ounces
1 quart	= 2 pints	= 32 fluid ounces
1 gallon	= 4 quarts	= 128 fluid ounces
1 peck	= 8 quarts (dry)	
1 bushel	= 4 pecks	

Measures for Portion Control

Careful portioning is an important part of any food service operation. It helps to ensure that each serving will be the appropriate size and that a recipe will produce the expected yield (see page I-3 for definitions of yield).

Scoops or dishers, ladles, and measuring-serving spoons of standard sizes are fairly dependable measures for portioning by volume and serving food quickly. Below is portion information on each. Remember, whichever measuring utensil you choose, it must be filled level with the top to maintain equal portioning for each measure.

Scoops, Dishers, or Dippers

Scoops (sometimes called dishers or dippers) are useful for portioning specific volumes of foods such as drop cookies, muffins, meat patties, and some vegetables and salads.

The number on the scoop tells you how many scoopfuls make 1 quart (946 milliliters). The higher the number the smaller the scoop. For example, a Number 24 scoop is smaller than a Number 6 scoop, because it takes more scoopfuls to make 1 quart.

Table 13 (below) shows the approximate measure of each scoop or disher in cups, tablespoons, and teaspoons. (Remember, the same volume of different foods will not all weigh the same. If you want to measure by weight, use a scale.)

Table 13
Sizes and Capacities of Scoops (Dishers)

Number On Scoop (Disher)	Level Measure	
6	2/3 cup	
8	1/2 cup	
10	3/8 cup	
12	1/3 cup	
16	1/4 cup	
20	3-1/3 tablespoons	
24	2-2/3 tablespoons	
30	2 tablespoons	
40	1-2/3 tablespoons	
50	3-3/4 teaspoons	
60	3-1/4 teaspoons	
70	2-3/4 teaspoons	
100	2 teaspoons	

Ladles

Table 14 shows the approximate measure for the six ladle sizes most frequently used in serving school lunches.

Ladles are useful for serving soups, stews, creamed dishes, sauces, gravies, and other similar liquid products.

The higher the number on a ladle, the larger its size. For example, a ladle marked "2 ounce" is twice as large as a ladle marked "1 ounce."

Ladles are not labeled "fluid ounce," although this would be more accurate since they measure volume, not weight.

Table 14
Sizes and Capacities of Ladles

Number On Ladle	Approximate Measure
1 ounce	1/8 cup
2 ounce	1/4 cup
4 ounce	1/2 cup
6 ounce	3/4 cup
8 ounce	1 cup
12 ounce	1-1/2 cups

Measuring-Serving Spoons

Measuring-serving spoons are volume-standardized serving spoons identified for a specific volume measure. They are similar to a ladle, scoop, disher, or dipper in that they can be used to measure specific volumes of food but they are shaped like a serving spoon (solid or perforated.)

As with ladles, they are labeled in ounces but not in fluid ounces which would be more accurate since they measure volume, not weight.

Table 15
Sizes and Capacities of Measuring-Serving Spoons

Approximate Measure
1/4 cup
3/8 cup
1/2 cup
3/4 cup
1 cup

Serving spoons

Serving spoons (solid or perforated) may be used instead of scoops for variation in portion shapes. However, it is more difficult to ensure correct

portioning. Since serving spoons are not standardized measuring devices, they are not identified and labeled by number.

When using serving spoons, some extra steps are needed to ensure accurate portioning.

Before using a particular serving spoon for portioning, 1) measure or weigh the quantity of food the spoon holds, and 2) determine how full to fill the serving spoon. Then determine how

many spoonfuls will be needed for the required serving size.

Explanation of Food Buying Guide

On the following pages, you will find answers to the following questions, along with some helpful examples.

- How are the foods in this guide listed and grouped?
- What information do the yield data tables provide?
- How can you use the yield data?

How are the foods in this guide listed and grouped?

The foods in this guide are listed as individual food items. The foods are arranged alphabetically within the appropriate food component from the Child Nutrition Meal Patterns. (These patterns are shown in Charts 1 through 6, pages I-7 through I-27.)

For example, if you were looking for information:

- on beef, you would look in Section 1: Meats and Meat Alternates;
- on sweet potatoes, in Section 2: Vegetables and Fruits;
- on cereals, in Section 3: Grains/Breads;
- on milk, in Section 4: Milk;
- on hominy, in Section 5: Other Foods.

The foods in Section 5: Other Foods do not meet the requirement for any component in the meal patterns. They are foods frequently used as additional foods, condiments or seasonings to increase menu appeal, improve acceptability, and provide additional calories and nutrients to help meet children's nutritional needs. The Other Foods section is provided to assist you in purchasing these types of foods.

If you are not sure under which component a food is listed, the complete index at the end of the guide will direct you to the correct page.

What information do the yield tables provide?

Using a six-column format, the yield data tables provide the following information:

- 1. Food As Purchased, AP
- 2. Purchase Unit
- 3. Servings per Purchase Unit, EP (Edible Portion)
- 4. Serving Size per Meal Contribution
- 5. Purchase Units for 100 Servings
- 6. Additional Information

FOOD BUYING GUIDE

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information	
----------------------------	--------------------	---	----------------------------	--	--------------------------	--

Additional details on each of these columns include:

Column 1 - Food As Purchased, AP: tells you the name of the food item and the form(s) in which it is purchased. Individual foods are arranged in alphabetical order by type of food. For instance, ham is listed under *Pork*, *mild cured*. Within each type, foods are listed according to the forms in which they appear in the market – fresh, canned, frozen, or dehydrated.

Where appropriate, Column 1 also includes a detailed description of the form in which items are purchased. For example, one listing for canned, boned chicken, reads: *Chicken, canned: Boned poultry with broth.* The listing for fresh beets reads: *Beets, fresh: Without tops.*

Column 2 - Purchase Unit: tells you the basic unit of purchase for the food. For most foods, the guide lists "Pound" as the purchase unit.

For some processed foods, the guide lists an institutional pack and, in many cases, a smaller pack, along with the net weight of the pack's contents. For example, the listing for canned asparagus cuts and tips, includes information on two can sizes: No. 10 can (103 oz) and No. 300 can (14-1/2 oz).

You can use data on the 1-pound unit of purchase, together with Table 2 Common Can and Jar Sizes, to determine the number of servings for any size purchase unit available in the market. (Table 2 is on page I-30.)

Column 3 - Servings per Purchase Unit, EP (Edible Portion): shows the number of servings of a given size (found in Column 4) from each purchase unit (found in Column 2). It is based on average yields from good quality foods prepared in ways that result in a minimum of waste.

For example, the purchase unit for fresh cranberries is listed as 1 pound. Column 3 indicates 15.6 servings per purchase unit if 1/4 cup raw, chopped fruit (Column 4) is served. This tells us we can expect to obtain 15.6 1/4-cup servings from 1 pound of good quality fresh cranberries.

Where applicable, numbers have been carried to one decimal, such as 15.6 in this example, because fractions become significant when figuring large numbers of servings. (It is for this reason, and not because the figures represent this degree of accuracy, that they have been reported to the nearest 0.01 of a serving for less than 10 servings per purchase unit.)

Numbers reported in this column have sometimes been rounded *down* in order to help ensure enough food for the desired number of servings. In other words, 15.65 became 15.6 instead of 15.7 so that more, rather than less, food will be purchased.

Column 4 - Serving Size per Meal Contribution: describes a serving by weight, measure, or number of pieces or slices. Sometimes both measure and weight are given, or the measure and number of pieces or slices.

Items such as a piece of cooked chicken are given an approximate serving size in measure, with weight in parentheses. For example, for 3.7 oz raw chicken drumsticks, Column 4 reads: 1 drumstick (about 1.8 oz cooked chicken with skin).

For foods specified in the meal patterns, the serving size given in this column can be credited toward meeting the meal pattern requirements. For many fruits and vegetables, both pieces and 1/4-cup servings are included.

Column 5 - Purchase Units for 100 Servings: shows the number of purchase units you need for 100 servings. This number was calculated using the purchase unit listed in Column 2 and the serving size (by weight) listed in Column 4. Numbers in Column 5 have been rounded up to help ensure enough food is available for one hundred servings.

Column 6 - Additional Information: provides other information to help you calculate the amount of food you need to purchase and/or prepare.

For many food items, this column shows the quantity of ready-to-cook or cooked food you will get from a pound of food as purchased. For instance, it tells you 1 pound of fresh, whole, 125-138 count apples will yield 0.78 pounds of raw, cored, peeled, ready-to-cook or -serve apples.

For many processed foods, this column also gives the weight or number of cups of drained vegetable or fruit from various can sizes. For example, for carrots, canned, sliced, No. 10 can, Column 6 tells you that one No. 10 size can provides about 9-1/4 cups of heated, drained sliced carrots.

How can you use the Yield Data?

The data in the yield tables can help you in a variety of ways as you plan menus, make purchasing decisions, and check to make sure meals will meet Child Nutrition Program requirements.

On the following pages is an easy-to-follow guide. Through a variety of practical examples, it shows you how to:

Determine number of purchase units needed to obtain the desired number of servings of a particular food.

- Adjust portion sizes and calculate servings to meet the basic minimum requirements.
- Calculate the quantity of food to buy to obtain the correct amount of readyto-cook food for a recipe.
- Determine correct yields for foods purchased prepared and ready-to-cook or -use. This is especially useful for fresh fruits and vegetables.
- Make cost comparisons.

Working with the Food Buying Guide

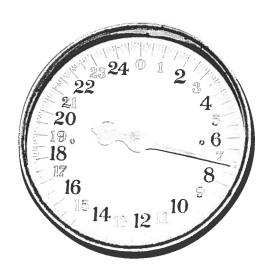
Calculating how much food you need for a given number of servings

The methods and examples on the following pages illustrate how you might use the yield data tables for a particular purpose.

- Foods are most often purchased in case lots. Keep in mind that the purchase amount may differ from the calculated amount to prepare a menu item.
- Always round up when calculating how much food to buy.
- Always round down when calculating the creditable component towards meeting a meal pattern requirement.

To calculate how much of any food to purchase you should begin by asking yourself the following questions:

- How many servings will I need?
- Will different serving sizes be used for various age/grade groupings?
- What is my planned serving size for this food?
- In what form will I purchase this food?
- What serving size is listed in Column 4?
- Is the listed serving size the same as my planned serving size?
- How many purchase units of the food will I need to buy?



Page	Examples Description
	Method 1 – Using Column 3
	Variation $1-No$ conversion of serving size needed
I-51	A. Carrot slices, cooked
I-52	B. Ground beef, commodity
	Variation 2 – Conversion of serving size required
I-53	C. Roast beef – round, without bone
I-54	D. Baked beans, vegetarian, canned
I-56	E. Crinkle cut fries, ovenable
I-57	F. Nut butters (including peanut butter)
I-58	G. Eggs, large, shell, fresh
I-59	H. Cereals and cereal grains
	Method 2 – Using Column 5
I-60	A. Meatloaf
I-61	B. Green beans, frozen, cut
I-62	C. Converting Column 5 yield data
	Method 3 – Using Column 6
I-63	A. Broccoli, fresh, ready-to-cook
I-64	B. Iceberg lettuce, fresh shredded
	How to make cost comparisons
I-65	A. Comparing cost of cut green beans

Method 1— Using Column 3

General Procedure: Divide the number of servings you need by the number of servings you will get from one purchase unit (pound, can, etc.) (Column 3).

Examples A and B show you how to calculate the number of purchase units needed to obtain the desired number of servings of a particular food. The serving size you are planning to serve is the same as the serving size listed in Column 4 of this *Food Buying Guide*. **No conversion of the serving size is needed.**

Examples C through H show you how to calculate the number of purchase units needed to obtain the desired number of servings of a particular food. The serving size(s) you are planning are not the same as the serving size(s) listed in the *Food Buying Guide*. Conversion of the serving size is required.

Method 1 Example A: Carrot Slices, Cooked

You are planning to serve 1/4-cup servings of steamed carrot slices. You will be purchasing frozen, sliced carrots. How many pounds of frozen, sliced carrots will you need to buy?

1: Estimate the number of servings of the prepared food you will need.

You estimate that you will need 195 1/4-cup servings of cooked carrot slices.

2: Locate the food in the Food Buying Guide in the form you intend to serve.

For the listing *Carrots, frozen, sliced* (found in Column 1, page 2-31) you look for:

Cooked vegetable (found in Column 4)

3: Check the serving size listed in Column 4. Compare this to your planned serving size.

Column 4 reads: 1/4 cup cooked, drained vegetable

This is the same as your planned serving size to all students, so no conversion is needed. (Examples C through H show what to do when conversion is needed.)

4: Refer to Column 2 to find the purchase unit.
Refer to Column 3 for the number of servings you will get per pur-

chase unit.

Column 2 reads: Pound

Column 3 reads: 9.87

5: Divide the number of servings needed by the number of servings you will get per purchase unit (Column 3.)

Number of servings needed = 195

Servings per purchase unit = 9.87

195 divided by 9.87 = 19.75

6: Round up to 20.0 lb to ensure enough food is available.

ANSWER: You will need 20.0 pounds of frozen, sliced carrots for 195 1/4-cup servings of cooked, sliced carrots.

Method 1 Example B: Ground Beef, USDA Commodity (not more than 16 % fat)

You are planning to serve 1-1/2 ounce portions of cooked ground beef. How many purchase units of frozen ground beef, USDA Commodity, not more than 16% fat, do you need to buy?

1: Estimate the number of servings of the prepared food you will need.

You estimate that you will need 60 1-1/2 ounce servings

2: Locate the food in the *Food Buying Guide* in the form you intend to purchase (Column 1), then locate the form of the food you intend to serve (Column 4).

For the listing *Ground Beef, USDA Commodity, not more than 16% fat,* you will need to use the yield data for ground beef, not more than 20% fat (found in Column 1, page 1-16) you look for:

Cooked lean meat (found in Column 4)

3: Check the serving size listed in Column4. Compare this to your planned serving size.

Column 4 reads:

1-1/2 ounces cooked lean meat

This is the same as your planned serving size, so no conversion is needed. (Examples C through H show what to do when conversion is needed.)

4: Refer to Column 2 to find the purchase unit. Refer to Column 3 for the number of servings you will get per purchase unit.

Column 2 reads: Pound

Column 3 reads: 7.89

5: Divide the number of servings needed by the number of servings you will get per purchase unit.

Number of servings needed = 60

Servings per purchase unit = 7.89

60 divided by 7.89 = 7.60

6: Round up to 7.75 lb to ensure enough food is available.

ANSWER: You will need 7-3/4 pounds of USDA Commodity ground beef, not more than 16% fat, for 60 1-1/2 oz servings of cooked ground beef.

For multiple serving sizes of *meat*, *poultry*, *fish*, or cheese multiply the number of people to be served times each serving size in ounces to get the ounces needed. Add the results to get the total ounces needed.

Method 1 Example C: Beef Round Roast, without bone

You are planning to serve boneless, cooked roast beef to 75 students of different grade levels. How many pounds of raw beef round roast, without bone, will you need?

1: Estimate the number of servings and the serving size of the prepared food for each age/grade.

You estimate that of the 75 planned servings, 45 will be served 1-1/2 ounces each and 30 will be served 2 ounces each.

2: Locate the food in the *Food Buying Guide* in the form you intend to purchase (Column 1), then locate the food in the form you intend to serve (Column 4).

For the listing "Beef, round roast, without bone" (found in Column 1 on page 1-18) you look for:

Cooked lean meat (found in Column 4)

3: Check the serving sizes listed in Column 4. Compare this to your planned serving sizes.

Column 4 reads: 1 ounce cooked lean meat *and* 1-1/2 ounce cooked lean meat Since there is no serving size for 2 ounces of cooked lean meat, a conversion is needed.

4: Calculate the total ounces of cooked lean meat needed.

45 servings X 1.5 oz = 67.5 ounces 30 servings X 2.0 oz = <u>60.0 ounces</u>

127.5 ounces total cooked lean meat

You need a total of 127.5 ounces of cooked lean meat. Since this total is in units of 1 ounce, you can now use the serving size of 1 ounce cooked lean meat as found in Column 4.

5: Refer to Column 2 to find the purchase unit. Refer to Column 3 for the number of servings you will get per purchase unit.

Column 2 reads: Pound

Column 3 reads: 9.76

6: Divide the total number of ounces needed by the number of servings you will get per purchase unit. (Column 3)

Number of total ounces needed = 127.5

Servings per purchase unit = 9.76

127.5 divided by 9.76 = 13.06

7: Round up to 13.25 lb to ensure enough food is available.

ANSWER: You will need 13-1/4 pounds of raw beef round roast without bone, for the required serving sizes for 75 people.

For multiple serving sizes of *cooked dry beans or peas* convert each serving size to the number of 1/4-cup servings needed. This is done by dividing each serving size by 1/4 and multiplying the result by the number of people to be served.

If you prefer working with decimals instead of fractions, see Table 6 on page I-37.

For multiple serving sizes, convert each one to 1/4-cup servings and add the results to obtain the total 1/4-cup servings.

If you are crediting beans as the meat alternate component:

1/2 cup beans = 2 oz equivalent meat alternate

3/8 cup beans = 1-1/2 oz equivalent meat alternate

1/4 cup beans = 1 oz equivalent meat alternate

1/8 cup beans = 0.5 oz equivalent meat alternate

Method 1 Example D: Baked Beans, Vegetarian, canned

You are planning to serve 1/8-cup servings of canned, vegetarian baked beans for part your vegetables/fruits component. You purchase USDA Commodity baked beans in sauce, vegetarian, in No. 10 cans (108 oz). How many No. 10 (108 oz) cans will you need?

1: Estimate the number of servings of prepared food you will need.

You estimate that you will need 120 1/8-cup servings.



2: Locate the food in the Food Buying Guide in the form you intend to serve.

For the listing bean products, canned: beans baked or in sauce, vegetarian, includes USDA Commodity (found in Column 1, on page 2-19)

you look for: heated vegetable (found in Column 4)

3: Check the serving size listed in Column 4. Compare this to your planned serving size.

Column 4 reads: 1/4-cup heated vegetable with sauce

Since there is no serving size for 1/8-cup of heated baked beans with sauce, a conversion is needed.

4: Calculate the number of 1/4-cup servings of baked beans with sauce needed.

Divide 1/8 by 1/4 (convert fractions to decimals; see Table 6: 1/8 = 0.125, and 1/4 = 0.25)

0.125 divided by 0.25 = 0.5

Multiply the factor (0.5) by the number of servings needed (120)

0.5 multiplied by 120 = 60 1/4-cup servings

You need a total of 60 1/4-cup servings of baked beans with sauce. Since this number is in units of 1/4-cup servings, you can now use the serving size of 1/4-cup baked beans with sauce as found in Column 4.

5: Refer to Column 2 to find the purchase unit. Refer to Column 3 for the number of servings you will get per purchase unit.

Column 2 reads: No. 10 can (108 oz)

Column 3 reads: 47.1

6: Divide the total number of 1/4-cup servings needed by the number of servings you will get per purchase unit. (Column 3)

Number of 1/4-cup servings needed = 60

Servings per purchase unit = 47.1

60 divided by 47.1 = 1.27

7: Round up to 1-1/3 cans to ensure enough food is available.

ANSWER: Since you can only buy whole cans of product, you will need to open 2 No. 10 (108 oz) cans of USDA commodity baked beans in sauce, vegetarian, but only need to prepare 1-1/3 cans, to serve 120 portions of 1/8-cup vegetarian baked beans.

Note: For products having data for can sizes other than the No. 10 can used in example D, substitute the servings per purchase unit for the size of can of your choice in step 5.

For multiple serving sizes of vegetables and fruit, convert each serving size to the number of 1/4-cup servings. To do this, divide each serving size by 1/4 and multiply the result by the number of people to be served that size portion.

Method 1 Example E: Crinkle Cut French Fries, Ovenable

You are planning to serve 1/2-cup servings of baked french fries.

1: Estimate the number of servings of baked french fries you will need.

You estimate that you will need 45 1/2-cup servings of baked french fries.

2: Locate the food in the Food Buying Guide in the form you intend to serve.

For the listing *Potatoes, French fries, frozen, Crinkle Cut, Low moisture, Ovenable* (found in Column 1 on page 2-68) you look for:

Cooked vegetable (found in Column 4)

3: Check the serving size listed in Column 4. Compare this to your planned serving size.

Column 4 reads: 1/4-cup cooked vegetable

Since there is no serving size for 1/2 cup of cooked french fries, a conversion is needed.

4: Calculate the number of 1/4-cup servings of french fries needed.

Divide 1/2 by 1/4 (convert fractions to decimal; see table 6:

1/2 = 0.50 and 1/4 = 0.25)

0.50 divided by 0.25 = 2.0

Multiply the factor (2.0) by the number of servings needed (45)

2.0 multiplied by 45 = 90 1/4-cup servings

You need a total of 90 1/4-cup servings of french fries. Since this number is in units of 1/4-cup servings, you can now use the serving size of 1/4-cup baked vegetable as found in Column 4.

5: Refer to Column 2 to find the purchase unit. Refer to Column 3 for the number of servings you will get per purchase unit.

Column 2 reads: pound

Column 3 reads: 16.2

6: Divide the total number of 1/4-cup servings needed by the number of servings you will get per purchase unit. (Column 3)

Number of 1/4-cup servings needed = 90 Servings per purchase unit = 16.2 90 divided by 16.2 = 5.55

7: Round up to 5.75 lb to ensure enough food is available.

ANSWER: You will need 5-3/4 pounds of frozen French fries, crinkle cut, low moisture, ovenable, to serve 45 1/2-cup portions of baked french fries.

Method 1 Example F: Nut Butters (including peanut butter)

You want to serve 1-tablespoon servings of peanut butter as part of the meat/meat alternate component of the meal. How many 32 oz jars of peanut butter do you need to purchase?

1: Estimate the number of servings of peanut butter you will need.

You estimate that you will need 65 servings.

2: Multiply the number of people to be served times the number of tablespoons for each serving (for this example 1 serving is 1 Tbsp). This gives you the total number of tablespoons needed.

65 multiplied by 1 = 65 Tbsp needed

3: Since the *Food Buying Guide* does not have data for 1-Tbsp servings, you need to convert the total tablespoons into a serving size that is given in the *Food Buying Guide*. Divide the total number of single tablespoons needed by 2. This gives you the total number of 2-Tbsp servings needed.

65 divided by 2 = 32.5 2-Tbsp servings

4: Refer to Column 2 to find the purchase unit. Refer to Column 3 for the number of 2-Tbsp servings you will get per purchase unit. (peanut butter is found on page 1-40.)

Column 2 reads: 32 oz jar

Column 3 reads: 28.8

5: Divide the number of 2-Tbsp servings by the number of servings per purchase unit (Column 3). This gives you the number of purchase units needed.

32.5 divided by 28.8 = 1.12 units

6: Round up to 1.25 jars to ensure enough food is available.

ANSWER: You will need 1-1/4 32-ounce jars of peanut butter to serve 65 1-Tbsp servings of peanut butter. Keep in mind that since only whole jars of any product can be purchased, you will need to purchase 2 32-oz jars of peanut butter to provide 65 1-Tbsp servings.

Method 1 Example G: Eggs, large, shell, fresh

You want to serve cooked egg in portions that will provide 1-1/2 ounces of equivalent meat alternate. How many whole large shell eggs do you need?

1: Estimate the number of servings of prepared egg you will need.

You estimate that you will need 43 servings of cooked egg.

2: Multiply the number of people to be served times the serving size(s) (in ounces of equivalent meat alternate).

This gives you the total ounces of equivalent meat alternate needed.

43 multiplied by 1.5 = 64.5 total ounces of equivalent meat alternate

3: Divide the total ounces of equivalent meat alternate needed by two (2) since one large egg in this FBG provides 2 oz equivalent meat alternate. (Column 3)

This gives you the total number of whole large shell eggs needed. 64.5 divided by 2 = 32.25

4: Round up to 33 whole large shell eggs.

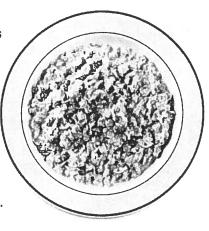
ANSWER: You will need 33 whole large shell eggs to provide 43 portions, each of which will provide 1-1/2 ounces of equivalent meat alternate.

Method 1 Example H: Cereals and Cereal Grains

You want to serve regular cooked oatmeal as part of an adult care menu. How much dry, regular, rolled oats is needed?

1: Estimate the number of servings of prepared food you will need.

You estimate that you will need 70 1-cup servings.



2: Convert the serving size of cooked cereal or cereal grains to the number of 1/2-cup servings since Column 4 does not provide data for a 1 cup serving.

Divide 1.0 by 1/2 (convert fractions to decimals; see Table 6: 1/2 = .5)

1.0 divided by .5 = 2

Multiply the factor by the number of servings needed.

2 multiplied by 70 = 140 1/2-cup servings of cooked oatmeal needed

3: Locate the item as purchased in Column 1

Cereal Grains, Oats (Group H) Rolled, Regular, dry includes USDA Commodity (see page 3-23)

4: Refer to Column 2 to find the purchase unit. Refer to Column 3 for the number of 1/2-cup servings you will get per purchase unit.

Column 2 reads: 1 Pound

Column 3 reads: 22.7

5: Divide the total number of 1/2-cup servings of cooked oats needed by the number of servings you will get per purchase unit.

140 divided by 22.7 = 6.16 pounds dry oats

6: Round up to 6.25 pounds to ensure enough food is available.

ANSWER: You will need 6-1/4 pounds of dry rolled oats, regular to provide 70 1-cup servings of cooked oatmeal.

Method 2— Using Column 5

You may use the purchase unit for 100 servings in Column 5 to determine how much of each food you need to prepare a specified number of servings of a given size. This method is useful when planning large numbers of meals.

General Procedure: Multiply the numbers of serving sizes (Column 4) times the number of purchase units (Column 5) and divide by 100.

Examples A and B show you how to calculate the total number of pounds needed to obtain the desired number of servings of a particular food using Column 5.

Example C shows you how to convert the Column 5 data – purchase units for 100 servings – to the purchase unit for a different number of servings.

Method 2 Example A: Meat Loaf

Assume that you need enough USDA Commodity ground beef (not more than 16% fat) to prepare meatloaf for 325 people.

- 1. Estimate the total number of people in each age group expected to eat that food item.
- 2. Multiply the total number of servings expected to be taken by each group by the serving size to determine the amount you need for that age group.

FROZEN GROUND BEEF

3. Add those amounts together to determine the total quantity. (Meat/meat alternate is in ounces, vegetables and fruits are in 1/4-cup servings, and bread is listed in servings or equivalents.)

Group	Number		Serving Size		Total
Group III (K-3)	153	(X)	1-1/2 oz	=	229.5 oz
Group IV (grades 4-12)	157	(X)	2 oz	=	314.0 oz
Group V (grades 7-12)	15	(X)	3 oz	=	45.0 oz
•			Total quant	ity	588.5 oz

4. Determine the purchase unit for 100 servings for your food item according to how it will be served.

According to the yield table, you need 8.5 pounds of ground beef (USDA Commodity, not more than 16% fat) for 100 1-ounce servings of cooked lean meat. (See page 1-16)

5. Multiply the total quantity by the purchase unit for 100 servings indicated in Column 5 and then divide the answer by 100.

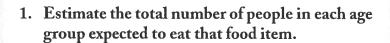
 $588.5 \times 8.5 \div 100 = 50.02$ pounds

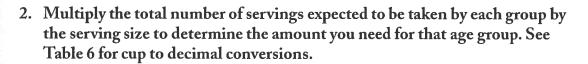
6. Round up to 50.1 lb to ensure enough food is purchased.

ANSWER: You will need 50.1 pounds of raw ground beef (USDA Commodity, not more than 16% fat) for the meatloaf.

Method 2 Example B: Green Beans, frozen, cut

Assume you have an offer-verses-serve school and need enough frozen cut green beans to serve the same 325 people in Method 2 Example A with the servings planned below.





3. Add those amounts together to determine the total quantity. Then multiply the total cups by 4 to get the total 1/4-cup servings needed. (Meat/meat alternate is listed in ounces, vegetables and fruits are in 1/4-cup servings, and bread is in servings or equivalents.)

Group	Number	Serving Size	Total
Group III (K-3)	130	1/8 cup (.125)	16.25 cups
Group IV (grades 4-12)	125	1/4 cup (.25)	31.25 cups
Group V (grades 7-12)	10	1/4 cup (.25)	2.50 cups
		Total	50.00 cups
			or 200.00
			1/4-cups

4. Determine the purchase unit for 100 servings for your food item according to how it will be served.

According to the yield table (see page 2-16), you need 8.7 pounds of frozen cut green beans for 100 1/4-cup servings of cooked beans.

5. Multiply the total quantity of 1/4-cup servings by the purchase unit for 100 servings indicated in Column 5 and then divide the answer by 100.

 $200.0 \times 8.7 \div 100 = 17.4 \text{ pounds}$

6. Round up to 17.5 lb to ensure enough food is purchased.

ANSWER: You will need 17-1/2 pounds of frozen cut green beans.

Method 2 Example C: Converting Column 5 Yield Data

Column 5 of the yield data tables gives the numbers of purchase units needed for 100 servings. Some programs, such as the Child and Adult Care Food Program, Summer Food Service Program, Afterschool Snack Program, or home day care site providers, may not plan meals for a 100 or more; they may plan for 50 or 25 meals. The Column 5 yield data can easily be converted to provide the number of purchase units needed for a smaller number of meals.

Example: You plan to serve 50 meals and want to know how many pounds of frozen whole kernel corn to buy.

1. Divide 100 by the number of meals you are planning.

100 divided by 50 = 2

2. Find, in Column 5, the number of purchase units for pounds of frozen whole kernel corn needed for 100 servings of cooked, drained vegetable.

Purchase units for 100 servings = 9.1 lb



3. Divide the answer from Step 2 by the answer in Step 1

9.1 divided by 2 = 4.55

4. Round up to the nearest practical measure.

4.55 rounds up to 4.66

Answer: You will need 4-2/3 pounds of frozen whole kernel corn for 50 servings.

If you want to know the purchase units for 25 servings go through the same process above using 25 in step 1.

100 divided by 25 = 4

9.1 divided by 4 = 2.27

2.27 rounds up to 2.33 lb (2-1/3 lb)

The same method can be followed for any number of servings you would like to serve.

Method 3— Using Column 6

When would you use Column 6? Use the additional information in Column 6 to calculate yields for foods purchased in a different form from that listed in Column 1. For example, the *Food Buying Guide* lists iceberg lettuce, whole, as-purchased, and served as shredded lettuce. Column 6 gives the yield information needed to calculate how many servings you would get if you bought the lettuce already shredded.

How to calculate the quantity of food to buy in order to obtain the correct amount of ready-to-cook food for a recipe.

Method 3 Example A: Broccoli, fresh, ready-to-cook

You are planning to serve a Stir Fry. After adjusting the recipe for the number of servings, you determine that 5 lb 10 oz of chopped, fresh broccoli, ready-to-cook is needed.

The ready-to-cook quantity is the amount you need of trimmed, chopped vegetable. But how much whole, fresh broccoli will you need to buy to be sure to have the correct amount after trimming?

1: Refer to the yield information in Column 6 for the yield determined from the food you will be purchasing to the form you need for your recipe.

For Broccoli, Fresh, untrimmed, Column 6 (page 2-25) reads:

1 lb AP = 0.81 lb ready-to-cook

In other words, 1 pound whole, fresh, untrimmed broccoli as purchased (AP), yields 0.81 pound trimmed, ready-to-cook broccoli.

2: Divide the ready-to-cook (RTC) quantity called for in the recipe by yield data in Column 6.

If the recipe lists the desired RTC quantity in pounds and ounces, begin by determining the decimal equivalent (see Table 8, page I-39).

The stir-fry recipe calls for 5 lb 10 oz (5.62 lb) of ready-to-cook chopped broccoli.

5.62 lb divided by 0.81 = 6.93 lb

Round up to the next smallest practical measure

6.93 lb = 7 lb

ANSWER: You will need to purchase 7 lb of good quality, whole, raw, fresh broccoli to obtain 5 lb 10 oz of chopped ready-to-cook broccoli.

How to determine:

- the number of servings obtained from a bulk pack of food purchased prepared and ready-to-cook or use; and
- the number of servings from one pound of the same product.

Method 3 Example B: Iceberg lettuce, fresh

You purchase shredded fresh iceberg lettuce, ready-to-use, in 10 pound bags.

- How many 1/4-cup servings of shredded lettuce will each 10-pound bag provide?
 - How many 1/4-cup servings will you get from just 1-pound of this product?
- 1: Refer to the yield information in Column 6 for the form of the food you will be purchasing as described in Column 1.

For lettuce, fresh, iceberg, head, untrimmed (see page 2-45), Column 6 reads:

1 lb AP = 0.76 lb ready-to-serve shredded lettuce

2: Determine the number of pounds of fresh head lettuce it would take to get 10 pounds of ready-to-serve shredded lettuce.

Divide the number of pounds of ready-to-use lettuce (10 lb) by the quantity of ready-to-use

lettuce obtained from 1 pound, untrimmed head lettuce.

10 pounds divided by 0.76 pounds = 13.15 pounds of head lettuce

3: Refer to Column 3 to find the number of 1/4-cup servings per pound

Column 2 reads: pound

Column 3 reads: 22.2

4: Multiply the number of pounds of head lettuce by the number of 1/4-cup servings shredded lettuce provided per pound.

Pounds of head lettuce = 13.15

1/4-cup servings per pound = 22.2

13.15 X 22.2 = 291.9 1/4-cup servings of shredded lettuce

ANSWER 1: You will get 291.9 1/4-cup servings of shredded lettuce from a 10 lb bag of ready-to-use shredded lettuce.

5: To calculate the servings per pound: Divide the total unrounded number of servings per bag by the total pounds of product in the unopened bag to get the number of 1/4-cup servings from 1 pound.

Servings per bag = 291.9

Pound weight of product in unopened bag = 10

291.9 divided by 10 = 29.1 1/4-cup servings

ANSWER 2: You will get 29.1 1/4-cup servings per pound of ready-to-use shredded lettuce.

How To Make Cost Comparisons

How to compare the cost per serving for food purchased in different forms by using Column 5.

Comparing cost of cut green beans

You want to compare the raw food cost per serving of cut green beans to be served cooked to help you decide if you should buy fresh green beans, canned cut green beans, or frozen cut green beans. The cost per pound of each form of green bean (for this example) is as follows: fresh, \$0.30/lb; canned, cut, \$0.24/lb *; frozen, cut, \$0.36/lb.

1: Using Column 5, obtain the purchase units for 100 servings for cut green beans served cooked with the purchase unit of "Pound." (See pages 2-14 through 2-16).

Fresh green beans = 9.0 Canned cut green beans = 14.0 Frozen cut green beans = 8.7

2: Divide the purchase units for 100 servings by 100 by moving the decimal two places to the left. This gives you the purchase units for 1 serving.

Fresh green beans = 0.090 Canned cut green beans = 0.140 Frozen cut green beans = 0.087



3: Multiply the purchase units for one serving by the cost of one pound of the item. This gives you the cost of one serving size.

Fresh green beans: 0.090 X .30 = \$0.027

* Canned cut green beans 0.140 X .24 = \$0.034

Frozen cut green beans 0.087 X .36 = \$0.031

^{*}To calculate the cost per pound if you only have the cost per can:

¹⁾ Determine the number of pounds of food in one can, then

4: Compare the raw food cost per servings.

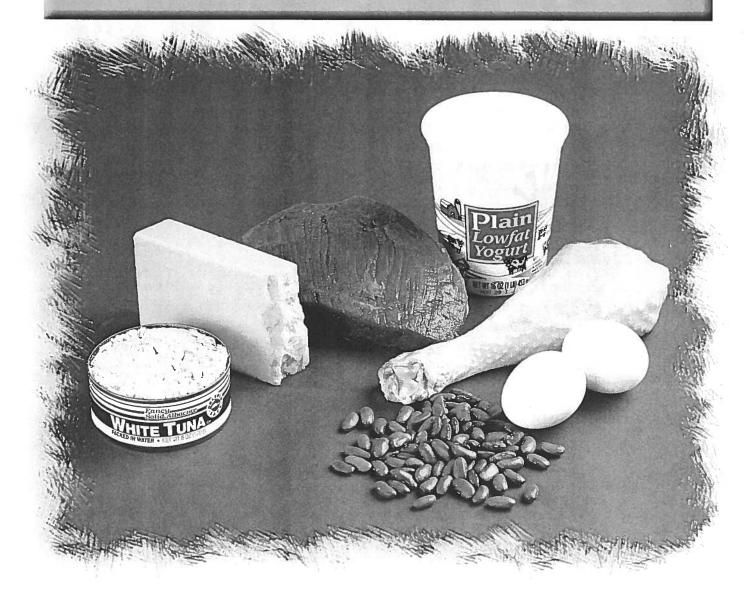
ANSWER: Based on raw food costs only, fresh green beans are the most economical. However, the raw food cost does not take into account labor expenses which will vary according to the form of the food purchased. For example, someone will have to wash, prep, and cook fresh beans. There are also different costs for the various storage conditions. These are only a few of the factors that may add significant cost per pound to the raw food.

Section

Food Buying Guide for Child Nutrition Programs

1

Meat/Meat Alternates



- 1-1 Meat and Meat Alternates for the Child Nutrition Programs
- 1-2 Definitions
- 1-3 Yields
- 1-4 Explanation of the Columns
- 1-5 Yield Data Table for Meat/Meat Alternates

Section

Food Buying Guide for Child Nutrition Programs

Meat/Meat **Alternates**

Meat and Meat **Alternates for** the Child Nutrition **Programs**

For the food-based menu planning approaches, the Child Nutrition Program regulations require that a school or child care lunch or child care supper served must contain the amount of meat or meat alternate given in the Meal Pattern Charts as shown on pages



I-7 through I-27. A meat or meat alternate may be served as one of the two components of the snack for the National School Lunch, Child and Adult Care, or Summer Food Service Programs or as part of the breakfast for the School Breakfast Program. Meat and meat alternates include meat, poultry, fish, cheese, yogurt, dry beans and peas, whole eggs, alternate protein products, peanut butter or other nut or seed butters, and nuts and seeds.

For the NSLP and SFSP, enriched macaroni-type products with fortified protein may be counted as meeting part of the meat and meat alternate requirement. Alternate protein products may be counted as meeting all or part of the meat/ meat alternate requirement for all Child Nutrition Programs. For detailed information and assistance on the proper use of these products, contact your State agency.

The meat or meat alternate for the lunch or supper must be served in the main dish or in the main dish and one other menu item.

A serving of a finished food served as part of a meal must contribute a minimum of 0.25 ounces of meat or meat alternate to be eligible to count towards the meat/meat alternate requirement.

This section contains yield data for:

servings of fresh and frozen boneless meat, poultry, and fish, and yields for some fresh and frozen meat, poultry, and fish with bones (e.g., chicken drumstick) given in 1- and 1-1/2-ounce servings;

servings of dry beans and peas given in 1/4-cup and 3/8-cup servings, and peanut butter and other nut butters given in 2 Tbsp and 3 Tbsp measures equivalent to 1 and 1-1/2 ounces of meat alternate, respectively;

¹Information about Alternate Protein Products (APP) can be found in 7 CFR Parts 210, 215, 220, 225, and 226.

- whole eggs expressed in large egg equivalents (1 large egg = 2 ounces equivalent meat alternate) and 1/2 large egg equivalents (1/2 large egg = 1 ounce equivalent meat alternate);
- "USDA Commodity" or "Market pack" food items and are designated as such in Column 1. For items where the USDA commodity and market pack are both available, the items are designated as "Includes USDA Commodity;"
- certain commercially prepared combination foods having USDA, Food Safety and Inspection Service (FSIS) standards requiring a minimum percent of meat or poultry. Products listed include canned and frozen meat and poultry products at portion sizes to provide at least 1 ounce of cooked meat or poultry per average-size serving; and
- standard commercially prepared canned bean, and canned pea soups where one 1/2-cup serving provides 1/4-cup cooked beans (1 oz equivalent meat alternate).

Note: Information for nonspecific products such as chicken, beef, or pork nuggets and patties is *not* provided in this *Food Buying Guide*. Nonspecific products do not require a minimum amount of meat by FSIS labeling standards of identity. There is no general way to determine how much meat or poultry is contained in these products, especially since each manufacturer has its own formulation. School districts using these products must either obtain a CN label (see Appendix C for information about the CN labeling program) or manufacturer's documentation to credit each specific product used.

Definitions

A *serving of cooked meat* is understood to be lean meat without bone.

A serving of cooked fresh or frozen poultry includes boneless meat and skin unless otherwise indicated.

A serving of yogurt includes plain or flavored, unsweetened or sweetened – all types of yogurt must be commercially prepared. Yogurt is further defined in the program regulations under 7 CFR parts 210.2, 220.2(bb), 226.2, and 225.2.



"Market pack" refers to foods available on the market.

IMPS stands for Institutional Meat Purchase Specifications. These specifications describe in exact detail items most commonly used by foodservice establishments and institutional purchasers for purchasing meat. They are also used in USDA commodity specifications. Only meat certified by the Meat Grading and Certification Branch (MGCB) may be labeled "IMPS."

- Like IMPS: Products having the description "like IMPS" imply that the IMPS standard for the described meat cut has been met but the meat has not been certified by the MGCB hence it is "like" or "similar" to IMPS meat but is not labeled as such. The data for the products contained in the Food Buying Guide was derived using certified IMPS meat, but meats matching the descriptions and specifications may use the food buying guide yield for the matching IMPS product.
- PFF stands for "Protein Fat Free" which is a procedure used by cured pork processors to reflect the presence of added ingredients, including water in cured pork products, and relates labeling claims to the percent of meat protein in the product. Manufacturers must monitor the PFF since adding water and other ingredients dilutes the natural protein content. Labeling regulations established by the Food Safety Inspection Service state that products such as "Ham," "Ham with Natural Juices," Ham Water Added," etc., must comply with the minimum meat PFF percentages as stated in the regulations.

Note: Products named "Ham and Water Product, X% of weight is added ingredients" do not have standardized PFF values since the amount of water/ingredients added is not limited. For products labeled "Ham and Water Products X% of weight is added ingredients" to be properly utilized in Child Nutrition programs, you should either 1) purchase a CN labeled product or 2) take out the percent of added water/ingredients by multiplying the finished weight by the percent added ingredients and then subtracting that amount from the finished weight, divide by the manufacturer's cooking yield to obtain the raw weight of the product, and then multiply by the food buying guide yield for the specific cut of pork used to process the product.

Yields

Standard commercially prepared combination foods: The yields for commercially prepared combination foods having Federal standards of identity (see 9 CFR parts 319 and 381 for FSIS regulations pertaining to standards of identity for meat and poultry products) listed under Chicken Products (and Beef or Turkey Products) are based on the minimum meat and poultry requirements for food products that are packed for interstate shipment under Federal Meat and Poultry Inspection. The serving size listed for these products will provide at least one equivalent ounce of cooked meat or poultry. Purchasers of these products will need to ensure that the name of the food on the product label exactly matches the *Food Buying Guide* description for the "Food As Purchased" in Column 1 before using the crediting information.

Breaded fish portions or sticks: Yields are based on raw fish portions or sticks and the amount of fish in the product. "Precooked" or "Fried" seafood is not fully cooked; only the breading or batter is flash-fried to set. The fish is raw. For serving purposes the product must be fully

cooked. For crediting purposes, the calculations were done using the weights and yields for raw fish served cooked.

Yields of cooked meat and poultry vary with type, age, fat content, and weight of the animal, and the method, time, and temperature of cooking. The quantities of food to purchase are based on average yields of cooked meat and poultry.

Explanation of the Columns

The yield information is presented in tabular form for easy reference. The columns are numbered 1 through 6 as follows:

Column 1 Food As Purchased, AP: The individual foods are arranged in alphabetical order by species (for example, ham is listed under PORK, MILD CURED). Within each species, all of the raw items are listed first followed by cooked and/or canned and/or products. For Chicken and Turkey, the raw items are presented starting with the whole bird followed by whole parts and then the remaining raw items. Other characteristics are given, such as fat content, with or without bone, percent of fish in fish products, and weight of individual pieces of chicken. The items are listed according to the forms in which they appear in the market – fresh, canned, frozen, or dehydrated.

Column 2 **Purchase Unit:** The purchase unit is generally given as either a pound, a No. 10 can, or, in many cases, a smaller size can.

Column 3 Servings per Purchase Unit, EP (Edible Portion): This column shows the number of 1 or 1-1/2 ounce lean meat equivalent servings you will get from each purchase unit. Numbers in this column have been rounded *down* in order to help ensure enough food is purchased for the number of servings stated.

Column 4 Serving Size per Meal Contribution: The size of a serving is given as 1 or 1-1/2 ounce cooked lean meat or equivalent (1/4 cup or 3/8 cup of cooked beans or peas, 1 or 1-1/2 ounces of cheese, 1 egg (2 ounces), or 2 or 3 tablespoons of peanut butter). Individual servings such as frankfurters, chicken pieces, or fish portions are listed by the piece along with the equivalent ounces of lean meat given in parentheses under the portion size.

Column 5 Purchase Units for 100 Servings: This column shows the number of purchase units you need for 100 servings of the corresponding serving size listed in Column 4. Numbers in this column have been generally rounded *up* in order to help ensure enough food is purchased for the number of servings.

Column 6 Additional Information: This column gives other information to help you calculate the amount of food you need to prepare meals. It shows the amount of cooked ready-to-serve meat you will get from 1 pound of meat, poultry, seafood, or acceptable meat alternate as purchased.

Food Buying Guide for Child Nutrition Programs Section 1

Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEANS, BLACK	(TURTLE)				
Beans, Black (Turtle), dry, canned Whole Includes USDA	No. 10 can (110 oz)	27.8	1/4 cup heated, drained beans	3.6	1 No. 10 can = about 62.0 oz (6-7/8 cups) heated, drained beans
Commodity	No. 10 can (110 oz)	18.5	3/8 cup heated, drained beans	5.5	
	No. 300 can (15-1/2 oz)	5.91	1/4 cup heated, drained beans	17.0	1 No. 300 can = about 10.5 oz (1-3/8 cups) heated, drained beans
	No. 300 can (15-1/2 oz)	3.94	3/8 cup heated, drained beans	25.4	
Beans, Black (Turtle), dry Whole	Pound	18.3	1/4 cup cooked beans	5.5	1 lb dry = 2-1/4 cups dry beans
Whole	Pound	12.2	3/8 cup cooked beans	8.2	
BEANS, BLACK-	EYED or PE	AS			
Beans, Black-eyed (or Peas), dry, canned Whole	No. 10 can (108 oz)	37.7	1/4 cup heated, drained beans	2.7	1 No. 10 can = about 65.0 oz (9-3/8 cups) heated, drained beans
Includes USDA Commodity	No. 10 can (108 oz)	25.1	3/8 cup heated, drained beans	4.0	
	No. 300 can (15 oz)	4.91	1/4 cup heated, drained beans	20.4	
	No. 300 can (15 oz)	3.27	3/8 cup heated, drained beans	30.6	
Beans, Black-eyed (or Peas), dry Whole	Pound	28.3	1/4 cup cooked beans	3.6	1 lb dry = about 2-3/4 cup dry beans
Includes USDA Commodity	Pound	18.8	3/8 cup cooked beans	5.4	

Section 1—Meat/Meat Alternates							
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information		
BEANS, GARBA	NZO or CHI	CKPEAS					
Beans, Garbanzo or Chickpeas, dry, canned Whole	No. 10 can (105 oz)	42.0	1/4 cup drained beans	2.4	1 No. 10 can = about 68.4 oz (about 10-1/2 cups) drained, unheated beans		
Includes USDA Commodity	No. 10 can (105 oz)	28.0	3/8 cup drained beans	3.6			
	No. 300 can (15 oz)	6.70	1/4 cup drained beans	15.0	1 No. 300 can = about 9.6 oz (1-2/3 cups) drained, unheated beans		
	No. 300 can (15 oz)	4.46	3/8 cup drained beans	22.5			
	Pound	6.31	1/4 cup drained beans	15.9			
	Pound	4.20	3/8 cup drained beans	23.9			
Beans, Garbanzo or Chickpeas, dry Whole	Pound	24.6	1/4 cup cooked beans	4.1	1 lb dry = about 2-1/2 cups dry beans		
Whole	Pound	16.4	3/8 cup cooked beans	6.1			
BEANS, GREAT	NORTHERN						
Beans, Great Northern, dry, canned Whole	No. 10 can (110 oz)	32.4	1/4 cup heated, drained beans	3.1	1 No. 10 can = about 68.5 oz (about 8-1/8 cups) heated, drained beans		
Includes USDA Commodity	No. 10 can (110 oz)	21.6	3/8 cup heated, drained beans	4.7			
	No. 300 can (14 oz)	4.37	1/4 cup heated, drained beans	22.9			
	No. 300 can (14 oz)	2.91	3/8 cup heated, drained beans	34.4			
Beans, Great Northern, dry Whole	Pound	25.5	1/4 cup cooked beans	4.0	1 lb dry = about 2-1/2 cups dry beans		
Includes USDA Commodity	Pound	17.0	3/8 cup cooked beans	5.9			

Section 1—Me	Section 1—Meat/Meat Alternates							
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information			
BEANS, KIDNEY								
Beans, Kidney, dry, canned Whole Includes USDA	No. 10 can (108 oz)	38.9	1/4 cup heated, drained beans	2.6	1 No. 10 can = about 65.0 oz (9-5/8 cups) heated, drained beans			
Commodity	No. 10 can (108 oz)	25.9	3/8 cup heated, drained beans	3.9				
	No. 10 can (108 oz)	43.4	1/4 cup drained beans	2.4				
	No. 10 can (108 oz)	28.9	3/8 cup drained beans	3.5	1 No. 10 can = about 71.0 oz (10-3/4 cups) drained, unheated beans			
	No. 2-1/2 can (30 oz)	11.6	1/4 cup heated, drained beans	8.7				
	No. 2-1/2 can (30 oz)	7.73	3/8 cup heated, drained beans	13.0				
	No. 2-1/2 can (30 oz)	12.6	1/4 cup drained beans	8.0				
	No. 2-1/2 can (30 oz)	8.40	3/8 cup drained beans	12.0				
	No. 300 can (15-1/2 oz)	5.61	1/4 cup heated, drained beans	17.9	1 No. 300 can = about 9.5 oz (1-3/8 cups) heated, drained beans			
	No. 300 can (15-1/2 oz)	3.74	3/8 cup heated, drained beans	26.8				
	No. 300 can (15-1/2 oz)	5.88	1/4 cup drained beans	17.1	1 No. 300 can = about 10.0 oz (1-3/8 cups) drained, unheated beans			
	No. 300 can (15-1/2 oz)	3.92	3/8 cup drained beans	25.6				
Beans, Kidney, dry Whole Includes USDA	Pound	24.8	1/4 cup cooked beans	4.1	1 lb dry = about 2-1/2 cups dry beans			
Commodity	Pound	16.5	3/8 cup cooked beans	6.1				
	1	1	I	L.				

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEANS, LIMA					
Beans, Lima, dry, canned Green Whole	No. 10 can (105 oz)	42.4	1/4 cup heated, drained beans	2.4	1 No. 10 can = about 70.9 oz (11-3/4 cup) drained, unheated beans
Includes USDA Commodity	No. 10 can (105 oz)	28.2	3/8 cup heated, drained beans	3.6	
	No. 2-1/2 can (40 oz)	15.7	1/4 cup heated, drained beans	6.4	1 No. 2-1/2 can = about 27.0 oz (4-1/2 cups) drained, unheated beans
	No. 2-1/2 can (40 oz)	10.4	3/8 cup heated, drained beans	9.7	
	Pound	6.46	1/4 cup heated, drained beans	15.5	1 lb AP = about 11.0 oz (1-3/4 cups) drained, unheated beans
	Pound	4.30	3/8 cup heated, drained beans	23.3	1 %
Beans, Lima, dry Baby Whole	Pound	23.4	1/4 cup cooked beans	4.3	1 lb dry = about 2-3/8 cups dry beans
Includes USDA Commodity	Pound	15.6	3/8 cup cooked beans	6.5	
Beans, Lima, dry Fordhook (large)	Pound	27.0	1/4 cup cooked beans	3.8	1 lb dry = about 2-5/8 cups dry beans
Whole	Pound	18.0	3/8 cup cooked beans	5.6	
BEANS, MUNG					
Beans, Mung, dry Whole	Pound	28.1	1/4 cup cooked beans	3.6	1 lb dry = about 2-1/4 cups dry beans
	Pound	18.7	3/8 cup cooked beans	5.4	
BEANS, NAVY	or PEA				
Beans, Navy or Pea, dry Whole	Pound	23.9	1/4 cup cooked beans	4.2	1 lb dry = about 2-1/4 cups dry beans
Includes USDA Commodity	Pound	15.9	3/8 cup cooked beans	6.3	
	1		1		

Section 1—Meat/Meat Alternates 6 Additional 2 Purchase Unit Food As **Servings** Serving Size per **Purchase** Purchased, AP per **Meal Contribution** Units Information **Purchase** for 100 Unit, EP Servings **BEANS, PINK** Beans, Pink, dry, No. 10 can 34.0 1/4 cup heated, drained 3.0 1 No. 10 can = about canned (110 oz)12-1/4 cups drained, beans Includes USDA unheated beans or about Commodity 8-1/2 cups heated, drained beans No. 10 can 22.6 3/8 cup heated, drained 4.5 (110 oz)beans Beans, Pink, dry Pound 19.3 1/4 cup cooked beans 5.2 1 lb dry = 2-1/4 cups dry Includes USDA beans Commodity Pound 12.8 3/8 cup cooked beans 7.9 BEANS, PINTO² No. 10 can 37.2 Beans, Pinto, dry, 1/4 cup heated, drained 2.7 1 No. 10 can = about canned (108 oz)beans 67.4 oz (9-1/4 cups) Whole heated, drained beans Includes USDA Commodity No. 10 can 24.8 3/8 cup heated, drained 4.1 (108 oz)beans Pound 5.51 1/4 cup heated, drained 18.2 beans Pound 3.67 27.3 3/8 cup heated, drained beans Beans, Pinto, dry 21.0 Pound 1/4 cup cooked beans 4.8 1 lb dry = 2-3/8 cups dry Whole beans Includes USDA Pound Commodity 14.0 3/8 cup cooked beans 7.2 Beans, Pinto, Pound 21.7 4.7 1 lb AP = 3-3/4 cups 1/4 cup cooked beans dehydrated² dehydrated beans Pound 14.4 3/8 cup cooked beans 7.0 1 lb AP = about 5-1/8 cups rehydrated, cooked beans when the water to dry beans ratio = 2:1

² Dehydrated pinto beans are whole dry beans that have been cooked and then dehydrated.

Section 1—M	T		S		
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEANS, RED, S	MALL	Record			
Beans, Red, Small, dry, canned Whole Includes USDA	No. 10 can (111 oz)	31.9	1/4 cup heated, drained beans	3.2	1 No. 10 can = about 71.2 oz (8 cups) heated, drained beans
Commodity	No. 10 can (111 oz)	21.2	3/8 cup heated, drained beans	4.8	
	No. 300 can (15-1/2 oz)	4.94	1/4 cup heated, drained beans	20.3	1 No. 300 can = about 8.5 oz (1-1/8 cups) heated, drained beans
	No. 300 can (15-1/2 oz)	3.29	3/8 cup heated, drained beans	30.4	
Beans, Red, Small, dry Whole	Pound	20.4	1/4 cup cooked beans	5.0	1 lb dry = about 2-1/8 cups dry beans
Includes USDA Commodity	Pound	13.6	3/8 cup cooked beans	7.4	
BEANS, SOY					
Beans, Soy, dry, canned	Pound	7.30	1/4 cup heated, drained beans	13.7	
	Pound	4.86	3/8 cup heated, drained beans	20.6	-
Beans, Soy, dry	Pound	25.9	1/4 cup cooked beans	3.9	1 lb dry = about 2-1/2 cups dry beans
	Pound	17.2	3/8 cup cooked beans	5.9	

Section 1—Meat/Meat Alternates							
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information		
BEAN PRODUC	rs						
Bean Products, dry beans, canned Beans Baked or in	No. 10 can (110 oz)	48.9	1/4 cup heated beans	2.1			
Sauce with Pork	No. 10 can (110 oz)	32.6	3/8 cup heated beans	3.1			
	No. 2-1/2 can (30 oz)	13.3	1/4 cup heated beans	7.6			
	No. 2-1/2 can (30 oz)	8.86	3/8 cup heated beans	11.3			
	No. 300 can (16 oz)	7.10	1/4 cup heated beans	14.1			
	No. 300 can (16 oz)	4.73	3/8 cup heated beans	21.2			
Bean Products, dry beans, canned Beans Baked in Sauce, Vegetarian	No. 10 can (108 oz)	47.1	1/4 cup heated beans with sauce	2.2	1 No. 10 can = about 11-3/4 cups heated beans with sauce		
Includes USDA Commodity	No. 10 can (108 oz)	31.4	3/8 cup heated beans with sauce	3.2	2 279		
	No. 300 can (16 oz)	6.94	1/4 cup heated beans with sauce	14.5	1 No. 300 can = about 1-3/4 cups heated beans with sauce		
	No. 300 can (16 oz)	4.62	3/8 cup heated beans with sauce	21.7			
Bean Products, dry beans, canned Beans with Bacon	Pound	4.70	3/8 cup serving (about 1/4 cup heated beans)	21.3			
in Sauce	Pound	3.13	1/2-cup plus 1 Tbsp serving (about 3/8-cup heated beans)	32.0			
Bean Products, dry beans, canned Beans with	Pound	5.30	1/3 cup serving (about 1.0 oz meat/meat alternate)	18.9			
Frankfurters in Sauce	Pound	3.53	1/2-cup serving (about 1.5 oz meat/meat alternate)	28.4			

Section 1—Meat/Meat Alternates								
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information			
BEAN PRODUCT	TS³ (continu	ıed)						
Bean, Products, dry beans, canned Refried Beans	No. 10 can (115 oz)	49.6	1/4 cup heated beans	2.1	1 No. 10 can = about 12-1/4 cups heated refried beans			
Includes USDA Commodity	No. 10 can (115 oz)	33.0	3/8 cup heated beans	3.1				
	No. 300 can (16 oz)	7.08	1/4 cup heated beans	14.2	1 No. 300 can = about 1-3/4 cups heated refried beans			
	No. 300 can (16 oz)	4.72	3/8 cup heated beans	21.2				
Bean Products, dehydrated	Pound	20.5	1/4 cup cooked beans	4.9	1 lb AP = about 3-1/2 cups dehydrated beans			
Refried Beans ³	Pound	13.6	3/8 cup cooked beans	7.4	1 lb AP = about 5-1/8 cups rehydrated, cooked beans when the water to dry beans ratio = 2:1			
BEAN SOUP, ca	nned							
Bean Soup, dry beans, canned	No. 3 Cyl (54 oz)	23.0	1/2 cup reconstituted (1/4 cup heated beans)	4.4	Reconstitute 1 part soup with not more than 1 part water			
Condensed (1 part soup to 1 part water)	No. 3 Cyl (54 oz)	15.3	3/4 cup reconstituted (3/8 cup heated beans)	6.6				
,	Pound	6.80	1/2 cup reconstituted (1/4 cup heated beans)	14.8				
	Pound	4.53	3/4 cup reconstituted (3/8 cup heated beans)	22.1				
Bean Soup, dry beans, canned	8 oz can	1.00	1 cup serving (1/2 cup heated beans)	100.0				
Ready-to-Serve	8 oz can	0.66	3/4 cup serving (3/8 cup heated beans)	151.6				
BEEF, FRESH OR	FROZEN							
BEEF BRISKET,	fresh or fro	zen						
Beef Brisket, fresh or frozen	Pound	7.36	1 oz cooked lean meat	13.6	1 lb AP = 0.46 lb cooked, lean meat			
Without bone 1/4-inch Trim	Pound	4.90	1-1/2 oz cooked lean meat	20.5				
Beef Brisket, fresh or frozen Without bone	Pound	11.0	1 oz cooked lean meat	9.1	1 lb AP = 0.69 lb cooked, sliced lean meat			
Drastically from of fat	Davind	7.00	1 1 (0	100				

1-1/2 oz cooked lean meat

13.6

7.36

Pound

Practically-free-of-fat

³ Dehydrated refried beans are dry beans that have been cooked, mashed, and then dehydrated.

Section 1—Me	at/Meat	Alternates	S		
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEEF BRISKET,	CORNED, c	hilled			
Beef Brisket, Corned, chilled Without bone	Pound	11.2	1 oz cooked lean meat	9.0	1 lb AP = 0.70 lb cooked, sliced lean meat
1/4-inch trim	Pound	7.46	1-1/2 oz cooked lean meat	13.5	
BEEF CHEEK M	EAT, fresh o	r frozen			
Beef Cheek Meat, fresh or frozen no more than 25% fat	Pound	12.3	1 oz cooked lean meat	8.2	1 lb AP = 0.77 lb cooked, drained, lean meat
10	Pound	8.21	1-1/2 oz cooked lean meat	12.2	7 9 2
BEEF CHUCK RO	OAST, fresh	or frozen4, 5			
Beef Chuck Roast, fresh or frozen ⁴ With bone	Pound	8.64	1 oz cooked lean meat	11.6	1 lb AP = 0.54 lb cooked lean meat
Practically-free-of-fat	Pound	5.76	1-1/2 oz cooked lean meat	17.4	
Beef Chuck Roast, fresh or frozen ⁵ Without bone	Pound	10.0	1 oz lean cooked meat	10.0	1 lb AP = 0.63 lb cooked lean meat
Practically-free-of-fat	Pound	6.72	1-1/2 lean cooked meat	14.9	
Beef Chuck Roast, fresh or frozen ⁵ Eye roll	Pound	7.20	1 oz cooked lean meat	13.9	1 lb AP = 0.45 lb cooked, trimmed, sliced lean meat
Without bone Practically-free-of-fat (Like IMPS #116D)	Pound	4.80	1-1/2 oz cooked lean meat	20.9	
Beef Chuck Roast, fresh or frozen ⁵ Pectoral meat	Pound	7.84	1 oz cooked lean meat	12.8	1 lb AP = 0.49 lb cooked, drained, lean meat
Without bone Practically-free-of-fat	Pound	5.22	1-1/2 oz cooked lean meat	19.2	Jan 1

^{*}If you do not know the specific cut of beef chuck roast with bone you will purchase or have purchased, use the yield data given for "beef chuck roast, fresh or frozen, with bone, practically-free-of-fat" for a general purchasing yield. If possible, it is best to know the specific cut of meat you are purchasing and use the appropriate yield data that more accurately reflects the number of servings obtained for that particular cut of meat.

If you do not know the specific cut of beef chuck roast without bone you will purchase or have purchased, use the yield data given for "beef chuck roast, fresh or frozen, without bone, practically-free-of-fat" for a general purchasing yield. If possible, it is best to know the specific cut of meat you are purchasing and use the appropriate yield data that more accurately reflects the number of servings obtained for that particular cut of meat.

Section 1—Meat/Meat Alternates							
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information		
BEEF CHUCK R	OAST, fresh	or frozen ^{4, 5}	(continued)				
Beef Chuck Roast, fresh or frozen ⁵ Roll Without bone	Pound Pound	6.56 4.37	1 oz cooked lean meat 1-1/2 oz cooked lean meat	15.3 22.9	1 lb AP = 0.41 lb cooked, trimmed, sliced lean meat		
Practically-free-of-fat (Like IMPS #116A)					-		
Beef Chuck Roast, fresh or frozen ⁵ Shoulder clod	Pound	9.76	1 oz cooked lean meat	10.3	1 lb AP = 0.61 lb cooked, trimmed, sliced, lean meat		
Without bone 1/4-inch trim (Like IMPS #114)	Pound	6.50	1-1/2 oz cooked lean meat	15.4			
Beef Chuck Roast, fresh or frozen ⁵ Shoulder clod	Pound	9.60	1 oz cooked lean meat	10.5	1 lb AP = 0.60 lb cooked, trimmed, sliced, lean meat		
Arm Without bone 1/4-inch trim (Like IMPS #114E)	Pound	6.40	1-1/2 oz cooked lean meat	15.7			
Beef Chuck Roast, fresh or frozen ⁵ Shoulder clod	Pound	9.12	1 oz cooked lean meat	11.0	1 lb AP = 0.57 lb cooked, trimmed, sliced, lean meat		
Arm Without bone Practically-free-of-fat (Like IMPS #114E)	Pound	6.08	1-1/2 oz cooked lean meat	16.5			
Beef Chuck Roast, fresh or frozen ⁵ Square cut	Pound	8.48	1 oz cooked lean meat	11.8	1 lb AP = 0.53 lb cooked, trimmed, sliced, lean meat		
Divided Blade Without bone 1/4-inch trim (Like IMPS #113A)	Pound	5.65	1-1/2 oz cooked lean meat	17.7			

⁴If you do not know the specific cut of beef chuck roast with bone you will purchase or have purchased, use the yield data given for "beef chuck roast, fresh or frozen, with bone, practically-free-of-fat" for a general purchasing yield. If possible, it is best to know the specific cut of meat you are purchasing and use the appropriate yield data that more accurately reflects the number of servings obtained for that particular cut of meat.

If you do not know the specific cut of beef chuck roast without bone you will purchase or have purchased, use the yield data given for "beef chuck roast, fresh or frozen, without bone, practically-free-of-fat" for a general purchasing yield. If possible, it is best to know the specific cut of meat you are purchasing and use the appropriate yield data that more accurately reflects the number of servings obtained for that particular cut of meat.

Section 1—Me	at/Meat	Alternate	S		
1 Food As Purchased, AP	2 Purchase Unit	Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEEF CHUCK RO	DAST, fresh	or frozen ^{4, 5}	(continued)		
Beef Chuck Roast, fresh or frozen ⁵ Under blade Without bone 1/4-inch trim (Like IMPS #116E)	Pound Pound	6.82	1 oz cooked lean meat 1-1/2 oz cooked lean meat	9.9	1 lb AP = 0.64 lb cooked, trimmed, sliced lean meat
Beef Chuck Roast, fresh or frozen ⁵ Under blade Without bone Practically-free-of-fat (Like IMPS #116E)	Pound Pound	6.93	1 oz cooked lean meat 1-1/2 oz cooked lean meat	9.7	1 lb AP = 0.65 lb cooked, trimmed, sliced, lean meat
BEEF CHUCK ST	TEAK, fresh	or frozen			
Beef Chuck Steak, fresh or frozen Eye roll Without bone Practically-free-of-fat (Like IMPS #1116D)	Pound Pound	7.89	1 oz cooked lean meat 1-1/2 oz cooked lean meat	8.5 12.7	1 lb AP = 0.74 lb cooked lean meat
BEEF FLANK ST	EAK, fresh	or frozen			
Beef Flank Steak, fresh or frozen 1/4-inch Trim	Pound Pound	10.7 7.14	1 oz cooked lean meat 1-1/2 oz cooked lean meat	9.4	1 lb AP = 0.67 lb cooked lean meat
Beef Flank Steak, fresh or frozen Practically-free-of-fat	Pound Pound	11.6 7.78	1 oz cooked lean meat 1-1/2 oz cooked lean meat	8.7	1 lb AP (and sliced) = 0.73 lb cooked lean meat
BEEF GROUND,	^{5, 7, 8} fresh <u>o</u>	r frozen			
Beef, Ground, fresh or frozen Market Style ^{6, 8} no more than 30% fat (Like IMPS #136)	Pound	7.46	1 oz cooked lean meat 1-1/2 oz cooked lean meat	9.0	1 lb AP = 0.70 lb cooked, drained, lean meat

^{&#}x27;If you do not know the specific cut of beef chuck roast with bone you will purchase or have purchased, use the yield data given for "beef chuck roast, fresh or frozen, with bone, practically-free-of-fat" for a general purchasing yield. If possible, it is best to know the specific cut of meat you are purchasing and use the appropriate yield data that more accurately reflects the number of servings obtained for that particular cut of meat.

If you do not know the specific cut of beef chuck roast without bone you will purchase or have purchased, use the yield data given for "beef chuck roast, fresh or frozen, without bone, practically-free-of-fat" for a general purchasing yield. If possible, it is best to know the specific cut of meat you are purchasing and use the appropriate yield data that more accurately reflects the number of servings obtained for that particular cut of meat.

⁶Ground Beef, Market Style (no more than 30 percent fat) is based on USDA, FSIS standard as published in the Code of Federal Regulations, Title 9, Part 319.15(a) chopped beef, ground beef.

⁷Ground Beef is based on USDA, FSIS standard as published in the Code of Federal Regulations, Title 9, Part 319.15(a) chopped beef, ground beef, but with maximum fat content as listed here.

⁸USDA recommends that the very young, the very old, and those with weakened immune systems not eat undercooked ground beef. To be sure all bacteria are destroyed, cook meat loaf, meat balls, casseroles, hamburgers, and other dishes containing ground beef to the temperature set by your local and State standards and check by using a thermometer.

Section 1—Me	Section 1—Meat/Meat Alternates								
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information				
BEEF GROUND	resh or froz	zen ^{7, 8} (conti	nued)						
Beef, Ground, fresh or frozen ^{7,8} no more than 26% fat	Pound	11.5	1 oz cooked lean meat	8.7	1 lb AP = .72 lb cooked, drained lean meat				
(Like IMPS #136)	Pound	7.68	1-1/2 oz cooked lean meat	13.1	a mark and				
Beef, Ground, fresh or frozen ^{7,8}	Pound	11.6	1 oz cooked lean meat	8.7	1 lb AP = 0.73 lb cooked, drained lean meat				
no more than 24% fat (Like IMPS #136)	Pound	7.78	1-1/2 oz cooked lean meat	12.9	F 2 K Kel				
Beef, Ground, fresh or frozen ^{7,8} no more than 20% fat	Pound	11.8	1 oz cooked lean meat	8.5	1 lb AP = 0.74 lb cooked, drained lean meat				
Includes USDA Commodity (Like IMPS #136)	Pound	7.89	1-1/2 oz cooked lean meat	12.7					
Beef, Ground, fresh or frozen ^{7,8}	Pound	12.0	1 oz cooked lean meat	8.4	1 lb AP = 0.75 lb cooked, drained lean meat				
no more than 15% fat (Like IMPS #136)	Pound	8.00	1-1/2 oz cooked lean meat	12.5					
Beef, Ground, fresh or frozen ^{7,8} no more than 10% fat	Pound	12.1	1 oz cooked lean meat	8.3	1 lb AP = 0.76 lb cooked, drained lean meat				
(Like IMPS #136)	Pound	8.10	1-1/2 oz cooked lean meat	12.4					
BEEF HEART, fre	esh or froze	n							
Beef Heart, fresh or frozen Trimmed	Pound	8.96	1 oz cooked lean meat	11.2	1 lb AP = 0.56 lb cooked, trimmed, lean heart				
	Pound	5.97	1-1/2 oz cooked lean meat	16.8					
BEEF KIDNEY, fr	esh or froz	en							
Beef Kidney, fresh or frozen Trimmed	Pound	8.64	1 oz cooked lean meat	11.6	1 lb AP = 0.54 lb cooked kidney				
	Pound	5.76	1-1/2 oz cooked lean meat	17.4					

⁷Ground Beef is based on USDA, FSIS standard as published in the Code of Federal Regulations, Title 9, Part 319.15(a) chopped beef, ground beef, but with maximum fat content as listed here.

⁸USDA recommends that the very young, the very old, and those with weakened immune systems not eat undercooked ground beef. To be sure all bacteria are destroyed, cook meat loaf, meat balls, casseroles, hamburgers, and other dishes containing ground beef to the temperature set by your local and State standards and check by using a thermometer.

Section 1—Me	eat/Meat	Alternate	S		
1 Food As Purchased, AP	2 Purchase Unit	Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEEF LIVER, fre	sh or frozer				
Beef Liver, fresh or frozen Trimmed	Pound	11.2	1 oz cooked lean meat	9.0	1 lb AP = 0.70 lb cooked liver
	Pound	7.46	1-1/2 oz cooked lean meat	13.5	
BEEF LOIN STE	AK, fresh or	frozen			
Beef Loin Steak, fresh or frozen Bottom sirloin butt	Pound	10.8	1 oz cooked lean meat	9.3	1 lb AP = 0.68 lb cooked, trimmed, sliced, lean meat
Tri-tip steak Defatted Without bone Practically-free-of-fat (Like IMPS #1185D)	Pound	7.25	1-1/2 oz cooked lean meat	13.8	
Beef Loin Steak, fresh or frozen Tenderloin steak Side muscle on Defatted 1/4-inch trim (Like IMPS #1189A)	Pound	12.0 8.00	1 oz cooked lean meat 1-1/2 oz cooked lean meat	8.4	1 lb AP = 0.75 lb cooked lean meat
BEEF OXTAIL, fr	esh or froze	en			
Beef Oxtail, fresh or frozen Trimmed	Pound	4.96	1 oz cooked lean meat	20.2	1 lb AP = 0.31 lb cooked, defatted, boned, lean meat
With bone (Like IMPS #721)	Pound	3.30	1-1/2 oz cooked lean meat	30.4	
BEEF PLATE, fre	esh or froze	n			
Beef Plate, fresh or frozen Inside skirt steak	Pound	10.2	1 oz cooked lean meat	9.9	1 lb AP = 0.64 lb sliced, cooked lean meat
(Like IMPS #1121D)	Pound	6.82	1-1/2 oz cooked lean meat	14.7	
Beef Plate, fresh or frozen Outside skirt steak	Pound	11.3	1 oz cooked lean meat	8.9	1 lb AP = 0.71 lb sliced, cooked lean meat
Skinned Practically-free-of-fat (Like IMPS #1121E)	Pound	7.57	1-1/2 oz cooked lean meat	13.3	

Section 1—Meat/Meat Alternates					
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEEF RIB, RIBE	YE, fresh oı	frozen			
Beef Rib, Ribeye, fresh or frozen Roll roast or steak	Pound	10.0	1 oz cooked lean meat	10.0	1 lb AP = 0.63 lb cooked, trimmed, sliced, lean meat
Without bone Practically-free-of-fat (Like IMPS #112)	Pound	6.72	1-1/2 oz cooked lean meat	14.9	
BEEF RIB ROAS	T, fresh or t	frozen			
Beef Rib Roast, fresh or frozen		8.96	1 oz cooked lean meat	11.2	1 lb AP = 0.56 lb cooked, trimmed, sliced, lean meat
Blade meat Without bone Practically-free-of-fat (Like IMPS #109B)	Pound	5.97	1-1/2 oz cooked lean meat	16.8	
BEEF ROUND R	DAST, fresh	or frozen ⁹			
Beef Round Roast, fresh or frozen ⁹ Without bone	Pound	9.76	1 oz cooked lean meat	10.3	1 lb AP = 0.61 lb cooked lean meat
1/4-inch trim	Pound	6.50	1-1/2 oz cooked lean meat	15.4	
Beef Round Roast, fresh or frozen ⁹ Bottom (Gooseneck)	Pound	9.28	1 oz cooked lean meat	10.8	1 lb AP = 0.58 lb cooked, trimmed, sliced, lean meat
Heel out Without bone 1/4-inch trim (Like IMPS #170A)	Pound	6.18	1-1/2 oz cooked lean meat	16.2	
Beef Round Roast, fresh or frozen ⁹ Eye of round	Pound	9.44	1 oz cooked lean meat	10.6	1 lb AP = 0.59 lb cooked, sliced, lean meat
Without bone Practically-free-of-fat (Like IMPS #171C)	Pound	6.29	1-1/2 oz cooked lean meat	15.9	
Beef Round Roast, fresh or frozen ⁹ Knuckle	Pound	9.60	1 oz cooked lean meat	10.5	1 lb AP = 0.60 lb cooked, trimmed, sliced, lean meat
Peeled Without bone Practically-free-of-fat (Like IMPS #167A)	Pound	6.40	1-1/2 oz cooked lean meat	15.7	5.

⁹If you do not know the specific cut of beef round roast without bone you will purchase or have purchased, use the yield data given for "beef round roast, fresh or frozen, without bone, 1/4-inch trim" for a general purchasing yield. If possible, it is best to know the specific cut of meat you are purchasing and use the appropriate yield data that more accurately reflects the number of servings obtained for that particular cut of meat.

Section 1—Me	eat/Meat	Alternate	S		
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEEF ROUND R	OAST, fresh	or frozen ⁹ (continued)		
Beef Round Roast, fresh or frozen ⁹ Outside	Pound	10.4	1 oz cooked lean meat	9.7	1 lb AP = 0.65 lb cooked, trimmed, sliced, lean meat
Without bone 1/4-inch trim (Like IMPS #171B)	Pound	6.93	1-1/2 oz cooked lean meat	14.5	
Beef Round Roast, fresh or frozen ⁹ Outside	Pound	10.0	1 oz cooked lean meat	10.0	1 lb AP = 0.63 lb cooked, sliced, lean meat
Without bone Practically-free-of-fat (Like IMPS #171B)	Pound	6.72	1-1/2 oz cooked lean meat	14.9	
Beef Round Roast, fresh or frozen ⁹ Top (Inside)	Pound	10.0	1 oz cooked lean meat	10.0	1 lb AP = 0.63 lb cooked, trimmed, sliced, lean meat
Without bone (Like IMPS #169)	Pound	6.72	1-1/2 oz cooked lean meat	14.9	
Beef Round Roast, fresh or frozen ⁹ Top (Inside, Cap off)	Pound	10.7	1 oz cooked lean meat	9.4	1 lb AP = 0.67 lb cooked, sliced, lean meat
Without bone (Like IMPS #169A)	Pound	7.14	1-1/2 oz cooked lean meat	14.1	
BEEF ROUND S	TEAK, fresh	or frozen			
Beef Round Steak, fresh or frozen Bottom	Pound	11.0	1 oz cooked lean meat	9.1	1 lb AP = 0.69 lb cooked lean meat
(Gooseneck) Without bone (Like IMPS #1170A)	Pound	7.36	1-1/2 oz cooked lean meat	13.6	
Beef Round Steak, fresh or frozen Knuckle	Pound	10.4	1 oz cooked lean meat	9.7	1 lb AP = 0.65 lb cooked lean meat
Peeled Without bone (Like IMPS #1167A)	Pound	6.93	1-1/2 oz cooked lean meat	14.5	

⁹If you do not know the specific cut of beef round roast without bone you will purchase or have purchased, use the yield data given for "beef round roast, fresh or frozen, without bone, 1/4-inch trim" for a general purchasing yield. If possible, it is best to know the specific cut of meat you are purchasing and use the appropriate yield data that more accurately reflects the number of servings obtained for that particular cut of meat.

Section 1—Me	eat/Meat	Alternate	S		
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEEF ROUND S	TEAK, fresh	or frozen (d	ontinued)		
Beef Round Steak, fresh or frozen Top (Inside)	Pound	11.2	1 oz cooked lean meat	9.0	1 lb AP = 0.70 lb cooked, trimmed, sliced, lean meat
Without bone (Like IMPS #1169)	Pound	7.46	1-1/2 oz cooked lean meat	13.5	
Beef Round Steak, fresh or frozen Whole	Pound	10.0	1 oz lean cooked meat	10.0	1 lb AP = 0.63 lb cooked lean meat
With bone Practically-free-of-fat	Pound	6.72	1-1/2 oz lean cooked meat	14.9	
BEEF RUMP RO	AST, fresh	or frozen			
Beef Rump Roast, fresh or frozen	Pound	9.92	1 oz lean cooked meat	10.1	1 lb AP = 0.62 lb cooked lean meat
With bone	Pound	6.61	1-1/2 oz lean cooked meat	15.2	
Beef Rump Roast, fresh or frozen Without bone	Pound	10.8	1 oz cooked lean meat	9.3	1 lb AP = 0.68 lb cooked lean meat
without bone	Pound	7.25	1-1/2 oz cooked lean meat	13.8	B 5 8 8
BEEF SPECIAL	TRIM, fresh	or frozen ¹⁰			
Beef Special Trim, 10 fresh or frozen Without Bone	Pound	9.12	1 oz cooked lean meat	11.0	1 lb AP = 0.57 lb cooked, sliced, lean meat
Practically-free-of-fat (Like IMPS #139)	Pound	6.08	1-1/2 oz cooked lean meat	16.5	
BEEF, STEAK, fr	ozen				
Beef Steak, frozen Cubed Steak (Like IMPS #1100)	Pound	3.55	One 4.5 oz raw steak when cooked provides 3 oz lean cooked meat	28.2	1 lb AP = 0.67 lb cooked lean meat
	Pound	5.33	One 3.0 oz raw steak when cooked provides 2 oz lean cooked meat	18.8	
	Pound	10.7	1 oz cooked lean meat	9.4	
	Pound	7.14	1-1/2 oz cooked lean meat	14.1	

^{**}Beef Special Trim" is beef trimmings where each piece has a surface area on one side not less than 8 square inches and no less than 1/2-inch thick at any point.

Section 1—Meat/Meat Alternates Purchase **Purchase** Food As **Servings** Serving Size per Additional 6 Adultional Information **L** Unit Purchased, AP **Meal Contribution** Units per Purchase for 100 Unit, EP Servings **BEEF, STEAK, frozen (continued)** Beef Steak, frozen Pound 9.92 1 oz cooked lean meat 10.1 1 lb AP = 0.62 lb cookedSandwich Steak lean meat Flaked, Chopped, Formed and Wafer Pound 6.61 1-1/2 oz cooked lean meat 15.2 sliced (Like IMPS #1138A) Beef Steak, frozen Pound 12.6 1 oz cooked lean meat 0.8 1 lb AP = 0.79 lb cookedFlaked and Formed lean meat Sliced Pound 8.42 (Like IMPS #1138) 1-1/2 oz cooked lean meat 11.9 Pound Beef Steak, frozen 10.7 1 oz cooked lean meat 9.4 1 lb AP = 0.67 lb cookedSliced and Formed lean meat (Like IMPS #1138B) Pound 7.14 1-1/2 oz cooked lean meat 14.1 **BEEF STEW MEAT, fresh or frozen** 9.76 10.3 **Beef Stew Meat,** Pound 1 oz cooked lean meat 1 lb AP = 0.61 lb cookedfresh or frozen lean meat Composite of trimmed retail cuts Pound 6.50 15.4 1-1/2 oz cooked lean meat Without bone Practically-free-of-fat **BEEF TONGUE**, fresh or frozen 9.28 Beef Tongue, fresh or Pound 1 oz cooked lean meat 10.8 1 lb AP = 0.58 lb cookedfrozen tongue Pound 6.18 1-1/2 oz cooked lean meat 16.2

1 oz cooked lean meat

1-1/2 oz cooked lean meat

8.2

12.2

BEEF TRIPE, fresh or frozen

Pound

Pound

12.3

8.21

Beef Tripe, fresh or

Scalded, Bleached,

frozen

(Denuded)

Honeycomb (Like IMPS #726)

1 lb AP thawed = 0.77 lb

cooked lean meat

Section 1—Meat/Meat Alternates								
1 Food As Purchased, AP		3 Servings per Purchase		5 Purchase Units for 100	6 Additional Information			

Unit, EP

Servings

BEEF, COOKED					
BEEF, canned ¹¹					
Beef, canned Beef with Natural Juices	No. 2-1/2 can (29 oz)	14.7	1 oz heated lean meat	6.9	1 lb AP = 0.51 lb heated meat
JSDA Commodity ¹¹	No. 2-1/2 can (29 oz)	9.86	1-1/2 oz heated lean meat	10.2	10 m
	Pound	8.16	1 oz heated lean meat	12.3	
	Pound	5.44	1-1/2 oz heated lean meat	18.4	
BEEF PRODUCT	S, canned	or frozen ^{12, 1}	.3		
Beef Products Barbecue Sauce with Beef ^{12, 13}	Pound	3.50	1/2 cup serving (about 1 oz cooked lean meat)	28.6	1 lb AP = 0.25 lb cooked lean meat
Beef Products Beef and Dumplings with Gravy ^{12, 13}	Pound	2.33	3/4 cup serving (about 1 oz cooked lean meat)	43.0	1 lb AP = 0.18 lb cooked lean meat
Beef Products Beef Goulash ^{12, 13}	Pound	2.33	3/4 cup serving (about 1 oz cooked lean meat)	43.0	1 lb AP = 0.18 lb cooked lean meat
Beef Products Beef Hash ^{12,13}	Pound	4.66	3/8 cup serving (about 1 oz cooked lean meat)	21.5	1 lb AP = 0.35 lb cooked lean meat
Beef Products Beef Salad ^{12, 13}	Pound	4.66	3/8 cup serving (about 1 oz cooked lean meat)	21.5	1 lb AP = 0.35 lb cooked lean meat
Beef Products Beef Stew ^{12, 13}	Pound	2.33	3/4 cup serving (about 1 oz cooked lean meat)	43.0	1 lb AP = 0.18 lb cooked lean meat
Beef Products Beef Taco Filling ^{12, 13}	Pound	3.50	1/2 cup serving (about 1 oz cooked lean meat)	28.6	1 lb AP = 0.28 lb cooked lean meat
Beef Products Beef with Barbecue Sauce ^{12, 13}	Pound	7.00	1/4 cup serving (about 1 oz cooked lean meat)	14.3	1 lb AP = 0.50 lb cooked lean meat
Beef Products Beef and Gravy ^{12, 13}	Pound	7.00	1/4 cup serving (about 1 oz cooked lean meat)	14.3	1 lb AP = 0.50 lb cooked lean meat

Based on USDA specification for beef with natural juices, canned.

Yield data is based on the *Food Buying Guide* yield for raw beef stew meat, practically-free-of-fat.

¹³ Purchasers of these products will need to ensure that the name of the food on the product label exactly matches the "As Purchased" description in Column 1.

1 Food As	9 Purchase	? Servings	⚠ Serving Size per	F Purchase	C Additional
Purchased, AP	Z Unit	per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEEF PRODUCT	S, canned o	or frozen ^{12, 13}	(continued)		
Beef Products Chili con Carne ^{12, 13}	Pound	3.50	1/2 cup serving (about 1 oz cooked lean meat)	28.6	1 lb AP = 0.28 lb cooked lean meat
Beef Products Chili con Carne with Beans ^{12, 13}	Pound	2.33	3/4 cup serving (about 1 oz cooked lean meat)	43.0	1 lb AP = 0.18 lb cooked lean meat
Beef Products Corned Beef and Cabbage^{12, 13}	Pound	3.50	1/2 cup serving (about 1 oz cooked lean meat)	28.6	1 lb AP = 0.25 lb cooked lean meat
Beef Products Corned Beef Hash ^{12, 13}	Pound	4.66	3/8 cup serving (about 1 oz cooked lean meat)	21.5	1 lb AP = 0.35 lb cooked lean meat
Beef Products Gravy and Beef ^{12, 13}	Pound	3.50	1/2 cup serving (about 1 oz cooked lean meat)	28.6	1 lb AP = 0.25 lb cooked lean meat
Beef Products Gravy and Swiss Steak ^{12,13}	Pound	4.66	3/8 cup serving (about 1 oz cooked lean meat)	21.5	1 lb AP = 0.35 lb cooked lean meat
Beef Products Swiss Steak and Gravy ^{12, 13}	Pound	7.00	1/4 cup serving (about 1 oz cooked lean meat)	14.3	1 lb AP = 0.50 lb cooked lean meat
CHEESE (include:	s reduced fat	, lowfat, nonfa	t, and lite versions of chees	se, cheese foo	od, and cheese spread) ^{14,1}
Cheese American, Cheddar, Mozzarella, or Swiss ¹⁴	Pound	16.0	1 oz cheese	6.3	1 lb = about 4 cups shredded cheese
Natural or Process Includes USDA Commodity	Pound	10.6	1-1/2 oz cheese	9.5	1 lb AP = about 2 cups cubed cheese
Cheese Feta, Brie,	Pound	16.0	1 oz cheese	6.3	
Camembert ^{14, 15}	Pound	10.6	1-1/2 oz cheese	9.5	

¹² Yield data is based on the Food Buying Guide yield for raw beef stew meat, practically-free-of-fat.

Natural

¹³ Purchasers of these products will need to ensure that the name of the food on the product label exactly matches the "As Purchased" description in Column 1.

Any item labeled with the wording "imitation" cheese or cheese "product" does not meet the requirements for use in food-based menu planning approaches and are not creditable towards meal pattern requirements.

Due to increased number of illnesses associated with Listeria monocytogenes, the Food and Drug Administration has advised pregnant women, the elderly, and persons with weakened immune systems to not eat soft cheese such as Feta, Brie, and Camembert cheeses, blue-veined cheeses, and Mexican-style cheese such as "queso blanco fresco."

Section 1—Me	eat/Meat	Alternate	S		
1 Food As Purchased, AP	2 Purchase Unit	per Purchase Unit, EP	4 Serving Size per Meal Contribution	Purchase Units for 100 Servings	6 Additional Information
CHEESE (includes	reduced fat, lo	wfat, nonfat, ar	nd lite versions of cheese, chee	se food, and c	neese spread)14 (continued)
Cheese Cottage or Ricotta ¹⁴	Pound	8.00	2 oz serving - about 1/4 cup (1 oz meat alternate)	12.5	1 lb = about 2 cups
	Pound	5.33	3 oz serving - about 3/8 cup (1-1/2 oz meat alternate)	18.8	
Cheese Parmesan or Romano ¹⁴	Pound	16.0	1 oz cheese (3/8 cup serving)	6.3	1 lb = about 5-2/3 cups grated
Grated	Pound	10.6	1-1/2 oz cheese (5/8 cup serving)	9.5	
Cheese food ¹⁴ Process	Pound	8.00	2 oz serving (1 oz meat alternate)	12.5	
riocess	Pound	5.33	3 oz serving (1-1/2 oz meat alternate)	18.8	
Cheese Spread ¹⁴	Pound	8.00	2 oz serving (1 oz meat alternate)	12.5	
Process	Pound	5.33	3 oz serving (1-1/2 oz meat alternate)	18.8	
CHEESE SUBST	ITUTES (inc	ludes reduced	fat, lowfat, nonfat, and lite v	ersions of che	ese substitute, cheese foo
			eese spread substitute) 14, 16		
Cheese Substitutes American, Cheddar, Mozzarella, or Swiss	Pound	16.0	1 oz cheese substitute	6.3	1 lb = about 4 cups shredded
Cheese Substitute ^{14,16} Natural or Process	Pound	10.6	1-1/2 oz cheese substitute	9.5	1 lb AP = about 2 cups cubed cheese
Cheese Substitutes Parmesan or Romano Cheese substitute ^{14,16}	Pound	16.0	1 oz cheese substitute (3/8 cup serving)	6.3	1 lb = about 5-2/3 cup
Grated	Pound	10.6	1-1/2 oz cheese substitute (5/8 cup serving)	9.5	

¹⁴ Any item labeled with the wording "imitation" cheese or cheese "product" does not meet the requirements for use in food-based menu planning approaches and are not creditable towards meal pattern requirements.

[&]quot;Cheese Substitute," "cheese food substitute," and "cheese spread substitute" must meet the FDA standard of identity for substitute foods and be labeled as "______ Cheese Substitute," "cheese food substitute," or "cheese spread substitute." The standard requires that a "cheese substitute" is not nutritionally inferior to the standardized cheese for which it is substituting.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CHEESE SUBS			fat, lowfat, nonfat, and lite v neese spread substitute) ^{14, 10}		ese substitute, cheese food
Cheese Substitutes Cheese food Substitute ^{14, 16}	Pound	8.00	2 oz serving (1 oz meat alternate)	12.5	1 lb = about 5-2/3 cup
Process	Pound	5.33	3 oz serving (1-1/2 oz meat alternate)	18.8	7
Cheese Substitutes Cheese spread substitute ^{14, 16}	Pound	8.00	2 oz serving (1 oz meat alternate)	12.5	1 lb = about 5-2/3 cup
Process	Pound	5.33	3 oz serving (1-1/2 oz meat alternate)	18.8	

CHICKEN, FRESH OR FROZEN

CHICKEN, WHO	LE, fresh or	frozen			
Chicken, Whole, fresh or frozen With neck and giblets	Pound	5.76	1 oz cooked poultry excluding neck meat and giblets	17.4	1 lb AP = 0.36 lb cooked, boned, chicken meat with- out skin, excluding neck meat and giblets
	Pound	3.84	1-1/2 oz cooked poultry excluding neck meat and giblets	26.1	
	Pound	6.56	1 oz cooked poultry with neck meat and giblets	15.3	1 lb AP = 0.41 lb cooked, boned, chicken meat with- out skin, with neck meat and giblets
	Pound	4.37	1-1/2 oz cooked poultry with neck meat and giblets	22.9	

¹⁴ Any item labeled with the wording "imitation" cheese or cheese "product" does not meet the requirements for use in food-based menu planning approaches and is **not creditable** towards meal pattern requirements.

¹⁶ "Cheese Substitute," "cheese food substitute," and "cheese spread substitute" must meet the FDA Standard of Identity for substitute foods and be labeled as "______ Cheese Substitute," "cheese food substitute," or "cheese spread substitute." The standard requires that a "cheese substitute" not be nutritionally inferior to the standardized cheese for which it is substituting.

Section 1—Mo	1	T .		I	
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CHICKEN, WHO	LE, fresh or	frozen (con	tinued)		
Chicken, Whole, fresh or frozen Without neck and giblets	Pound	7.04	1 oz cooked poultry with skin	14.3	1 lb AP = 0.44 lb cooked, boned, chicken meat with skin
	Pound	4.69	1-1/2 oz cooked poultry with skin	21.4	1 lb AP = 0.36 lb cooked, boned, chicken meat without skin
	Pound	5.76	1 oz cooked poultry without skin	17.4	
	Pound	3.84	1-1/2 oz cooked poultry without skin	26.1	
Chicken, Whole, fresh or frozen Cut up 8 Pieces (about 2-3/4 lb without neck and giblets) USDA Commodity	40 lb box (frying chicken)	(about 83)	2 oz or more cooked poultry with skin (1 serving = 1 breast piece, or 1 drumstick and 1 wing, or 1 thigh with back)	(about 1.3)	1 box contains about 14 chickens weighing 2-1/2 to 3-1/4 lb
Chicken pieces: 2 breast pieces 2 drumsticks 2 thighs with back 2 wings					
CHICKEN PART	S, fresh or f	rozen ¹⁷			
Chicken Parts, fresh or frozen Back¹⁷ Pieces	Pound	2.66	1 back piece (about 1.9 oz cooked poultry with skin)	37.6	1 lb AP = 0.32 lb cooked, boned, chicken meat with skin
With skin (about 6.0 oz each)	Pound	2.66	1 back piece (about 1.4 oz cooked poultry without skin)	37.6	1 lb AP = 0.24 lb cooked, boned, chicken meat without skin
	Pound	5.12	1 oz cooked poultry with skin	19.6	
	Pound	3.84	1 oz cooked poultry without skin	26.1	
	Pound	3.41	1-1/2 oz cooked poultry with skin	29.4	
	Pound	2.56	1-1/2 oz cooked poultry without skin	39.1	

¹⁷ If the average raw weights of the chicken parts are different from those stated, use the yield information in Column 6 to determine cooked weight.

Section 1—Meat/Meat Alternates					
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CHICKEN PART	S, fresh or f	rozen ¹⁷ (con	tinued)		
Chicken Parts, fresh or frozen Breast ¹⁷ Halves with Backs	Pound	2.13	1 breast half with back (about 4.1 oz cooked poultry with skin)	47.0	1 lb AP = 0.55 lb cooked, boned, chicken meat with skin
With skin (about 7.5 oz each) from 8 piece cut	Pound	2.13	1 breast half with back (about 3.5 oz cooked poultry without skin)	47.0	1 lb AP = 0.47 lb cooked, boned, chicken meat without skin
	Pound	8.80	1 oz cooked poultry with skin	11.4	
	Pound	7.52	1 oz cooked poultry without skin	13.3	* * -
	Pound	5.86	1-1/2 oz cooked poultry with skin	17.1	
	Pound	5.01	1-1/2 oz cooked poultry without skin	20.0	
Chicken Parts, fresh or frozen Breast ¹⁷	Pound	2.62	1 breast half (about 4.0 oz cooked poultry with skin)	38.2	1 lb AP = 0.66 lb cooked, boned, chicken meat with skin
Halves with Ribs With skin (about 6.1 oz each)	Pound	2.62	1 breast half (about 3.4 oz cooked poultry without skin)	38.2	1 lb AP = 0.56 lb cooked, boned, chicken meat without skin
	Pound	10.5	1 oz cooked poultry with skin	9.6	
	Pound	8.96	1 oz cooked poultry without skin	11.2	
	Pound	7.04	1-1/2 oz cooked poultry with skin	14.3	
	Pound	5.97	1-1/2 oz cooked poultry without skin	16.8	

¹⁷ If the average raw weights of the chicken parts are different from those stated, use the yield information in Column 6 to determine cooked weight.

Sec	tion	1-Meat	/Meat	Alternates
-----	------	--------	-------	-------------------

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CHICKEN PART	S, fresh or f	rozen ¹⁷ (cor	tinued)		
Chicken Parts, fresh or frozen Breast ¹⁷ Portions without Backs With skin (about 3.9 oz each) from 9 piece cut	Pound	4.10	1 breast portion without back (about 2.4 oz cooked poultry with skin)	24.4	1 lb AP = 0.64 lb cooked, boned, chicken meat with skin
	Pound	4.10	1 breast portion without back (about 2.0 oz cooked poultry without skin)	24.4	1 lb AP = 0.52 lb cooked, boned, chicken meat without skin
	Pound	10.2	1 oz cooked poultry with skin	9.9	
	Pound	8.32	1 oz cooked poultry without skin	12.1	1 -
	Pound	6.82	1-1/2 oz cooked poultry with skin	14.7	
	Pound	5.54	1-1/2 oz cooked poultry without skin	18.1	
Chicken Parts, fresh or frozen Breast ¹⁷ Portions with Backs With skin (about 5.9 oz each) from 9 piece cut	Pound	2.71	1 breast portion with back (about 2.8 oz cooked poultry with skin)	37.0	1 lb AP = 0.48 lb cooked, boned, chicken meat with skin
	Pound	2.71	1 breast portion with back (about 2.3 oz cooked poultry without skin)	37.0	1 Ib AP = 0.40 lb cooked, boned, chicken meat without skin
	Pound	7.68	1 oz cooked poultry with skin	13.1	
	Pound	6.40	1 oz cooked poultry without skin	15.7	
	Pound	5.12	1-1/2 oz cooked poultry with skin	19.6	
	Pound	4.26	1-1/2 oz cooked poultry without skin	23.5	

¹⁷ If the average raw weights of the chicken parts are different from those stated, use the yield information in Column 6 to determine cooked weight.

Section 1—Meat/Meat Alternates							
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information		
CHICKEN PARTS	S, fresh or f	rozen ¹⁷ (cor	ntinued)				
Chicken Parts, fresh or frozen Drumsticks¹⁷ With bone With Skin (about 3.7 oz each)	Pound	4.32	1 drumstick (about 1.8 oz cooked chicken with skin)	23.2	1 lb AP = 0.49 lb cooked, boned, chicken meat with skin		
	Pound	4.32	1 drumstick (about 1.5 oz cooked chicken without skin)	23.2	1 lb AP = 0.41 lb cooked, boned, chicken meat without skin		
	Pound	7.84	1 oz cooked poultry with skin	12.8			
	Pound	6.56	1 oz cooked poultry without skin	15.3			
	Pound	5.22	1-1/2 oz cooked poultry with skin	19.2			
	Pound	4.37	1-1/2 oz cooked poultry without skin	22.9			
Chicken Parts, fresh or frozen Drumsticks ¹⁷ With bone Without skin (about 2.5 oz each)	Pound	6.40	1 drumstick (1.1 oz cooked poultry meat)	15.7	1 lb AP = 0.47 lb cooked, boned, chicken meat		
	Pound	7.52	1 oz cooked poultry meat	13.3			
	Pound	5.01	1-1/2 oz cooked poultry meat	20.0			
Chicken Parts, fresh or frozen	Pound	2.28	1 leg quarter (3.1 oz cooked poultry meat)	43.9	1 lb AP = 0.45 lb cooked, boned, chicken meat		
Leg Quarters ¹⁷ With bone	Pound	7.20	1 oz cooked poultry meat	13.9			
Without skin (about 7.0 oz each)	Pound	4.80	1-1/2 oz cooked poultry meat	20.9			
Chicken Parts, fresh or frozen Leg Quarters ¹⁷ With bone With Skin (9.5 oz each)	Pound	1.68	1 leg quarter (3.9 oz cooked poultry with skin)	59.6	1 lb AP = 0.42 lb cooked, boned, chicken meat with skin		
	Pound	6.72	1 oz cooked poultry with skin	14.9			
	Pound	4.48	1-1/2 oz cooked poultry with skin	22.4			
			L				

¹⁷ If the average raw weights of the chicken parts are different from those stated, use the yield information in Column 6 to determine cooked weight.

Section 1—Meat/Meat Alternates							
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information		
CHICKEN PARTS	S, fresh or f	rozen ¹⁷ (con	rtinued)				
Chicken Parts, fresh or frozen Thighs¹⁷ With backs	Pound	1.83	1 thigh with back (about 3.6 oz cooked poultry with skin)	54.7	1 lb AP = 0.42 lb cooked, boned, chicken meat with skin		
With bone With skin (about 8.7 oz each)	Pound	1.83	1 thigh with back (about 2.8 oz cooked poultry without skin)	54.7	1 lb AP = 0.33 lb cooked, boned, chicken meat without skin		
	Pound	6.72	1 oz cooked poultry with skin	14.9			
	Pound	5.28	1 oz cooked poultry without skin	19.0			
	Pound	4.48	1-1/2 oz cooked poultry with skin	22.4			
	Pound	3.52	1-1/2 oz cooked poultry without skin	28.5			
Chicken Parts, fresh or frozen Thigh ¹⁷ With bone	Pound	4.00	1 thigh (about 2.0 oz cooked poultry with skin)	25.0	1 lb AP = 0.52 lb cooked, boned, chicken meat with skin		
With bone With skin (about 4.0 oz each)	Pound	4.00	1 thigh (about 1.7 oz cooked poultry without skin)	25.0	1 lb AP = 0.43 lb cooked, boned, chicken meat without skin		
	Pound	8.32	1 oz cooked poultry with skin	12.1			
	Pound	6.88	1 oz cooked poultry without skin	14.6			
	Pound	5.54	1-1/2 oz cooked poultry with skin	18.1			
	Pound	4.58	1-1/2 oz cooked poultry without skin	21.9			
Chicken Parts, fresh or frozen Thighs ¹⁷	Pound	5.71	1 thigh (about 1.4 oz cooked poultry)	17.6	1 lb AP thawed = 0.53 lb cooked, boned, chicken meat		
With bone	Pound	8.48	1 oz cooked poultry	11.8			
Without skin (about 2.8 oz each)	Pound	5.65	1-1/2 oz cooked poultry	17.7			

¹⁷ If the average raw weights of the chicken parts are different from those stated, use the yield information in Column 6 to determine cooked weight.

Section 1—Meat/Meat Alternates 6 Additional Purchase **Food As Servings** Serving Size per **Purchase L** Unit Purchased, AP **Meal Contribution** Information per Units Purchase for 100 Unit, EP **Servings** CHICKEN PARTS, fresh or frozen¹⁷ (continued) 1 wing (about 1.0 oz cooked Chicken Parts, fresh Pound 5.16 19.4 1 lb AP = 0.34 lb cooked. or frozen poultry with skin) boned, chicken meat with Wings17 Whole With bone Pound 5.16 1 wing (about 0.8 oz cooked 19.4 1 lb AP = 0.26 lb cooked. With skin poultry without skin) boned, chicken meat (about 3.1 oz each) without skin Pound 5.44 1 oz cooked poułtry with 18.4 skin Pound 4.16 1 oz cooked poultry without 24.1 skin Pound 3.62 1-1/2 oz cooked poultry 27.7 with skin 2.77 Pound 1-1/2 oz cooked poultry 36.2 without skin Pound Chicken Parts, fresh or 5.76 1 oz cooked poultry with 17.4 1 lb AP = 0.36 lb cookedfrozen skin boned, chicken meat with **Wing Drumettes** skin (First section of wing) With bone Pound 3.84 1-1/2 oz cooked poultry 26.1 With skin with skin Chicken Parts, fresh Pound 3.84 1 oz cooked poultry without 26.1 1 lb AP = 0.24 lb cooked. or frozen skin boned, chicken meat without Wing Portions skin (Two sections of wing without tip) Pound 2.56 1-1/2 oz cooked poultry 39.1 without skin With bone With skin CHICKEN, BONELESS, fresh or frozen Chicken, Boneless, Pound 11.2 1 oz cooked poultry with 9.0 1 lb AP = 0.70 lb cooked fresh or frozen skin chicken meat with skin With skin in natural Pound proportions 7.46 1-1/2 oz cooked poultry 13.5 with skin

¹⁷ If the average raw weights of the chicken parts are different from those stated, use the yield information in Column 6 to determine cooked weight.

Section 1—Me	eat/Meat	Alternate	S		
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CHICKEN, BONE	LESS, frest	n or frozen (continued)		
Chicken Boneless, fresh or frozen Tenders	Pound	11.6	1 oz cooked poultry	8.7	1 lb AP = 0.73 lb cooked chicken meat
Tenderloins (boneless, chicken breast pieces without skin)	Pound	7.78	1-1/2 oz cooked poultry	12.9	
CHICKEN GIBLE	TS, fresh o	r frozen			
Chicken Giblets, fresh or frozen Gizzards	Pound	9.28	1 oz cooked poultry	10.8	1 lb AP = 0.58 lb cooked gizzards
	Pound	6.18	1-1/2 oz cooked poultry	16.2	
Chicken Giblets, fresh or frozen Hearts	Pound	9.28	1 oz cooked poultry	10.8	1 lb AP = 0.58 lb cooked hearts
	Pound	6.18	1-1/2 oz cooked poultry	16.2	
Chicken Giblets, fresh or frozen	Pound	9.92	1 oz cooked poultry	10.1	1 lb AP = 0.62 lb cooked livers
Livers	Pound	6.61	1-1/2 oz cooked poultry	15.2	
CHICKEN, GROU	JND, frozen				
Chicken, Ground, frozen With skin in natural	Pound	11.2	1 oz cooked poultry	9.0	1 lb = 0.70 cooked chicken meat with skin
proportions	Pound	7.46	1-1/2 oz cooked poultry	13.5	

1-32

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	per Purchase	4 Serving Size per Meal Contribution	Units for 100	6 Additional Information	
		Unit, EP		Servings		

CHICKEN, COOKED

CHICKEN, can	ned				
Chicken, canned Boned poultry with broth	No. 2-1/2 can (29 oz)	20.8	1 oz heated, drained poultry	4.9	1 No. 2-1/2 can = about 20.8 oz heated, drained chicken meat and skin
	No. 2-1/2 can (29 oz)	13.8	1-1/2 oz heated, drained poultry	7.3	
	No. 2-1/2 can (29 oz)	20.8	1.2 oz unheated, drained chicken (1 oz cooked poultry)	4.9	
	No. 2-1/2 can (29 oz)	13.8	1.8 oz unheated, drained chicken (1-1/2 oz cooked poultry)	7.3	
	Pound	11.5	1 oz heated, drained poultry	8.7	
	Pound	7.66	1-1/2 oz heated, drained poultry	13.1	
	Pound	11.5	1.2 oz unheated, drained chicken (1 oz cooked poultry)	8.7	
	Pound	7.66	1.8 oz unheated, drained chicken (1-1/2 oz cooked poultry)	13.1	
Chicken, canned Boned Solid pack	Pound	14.8	1/8 cup serving (about 1 oz cooked, drained poultry with skin)	6.8	1 lb AP = 0.93 lb cooked chicken meat with skin

Section 1—Meat/Meat Alternates							
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information		
CHICKEN, cann	ed ¹⁸ (contin	ued)					
Chicken, canned Boned Includes USDA Commodity ¹⁸	50 oz can	46.5	1 oz heated, drained poultry	2.2	50 oz can = about 46.5 oz heated, drained chicken meat with skin		
	50 oz can	31.0	1-1/2 oz heated, drained poultry	3.3			
	No. 2-1/2 can (29 oz)	26.3	1 oz heated poultry	3.9	1 No. 2-1/2 can = about 26.3 oz heated, drained chicken meat with skin		
	No. 2-1/2 can (29 oz)	17.5	1-1/2 oz heated poultry	5.8			
	Pound	14.7	1 oz heated poultry	6.9	1 lb AP = 0.92 lb heated, drained chicken meat with skin		
	Pound	9.81	1-1/2 oz heated poultry	10.2			
CHICKEN, COOL	KED, frozen						
Chicken, cooked, frozen Diced or Pulled	Pound	16.0	1 oz cooked poultry	6.3	1 lb AP = 1.0 lb cooked chicken meat		
no skin, wing meat,	Pound	10.6	1-1/2 oz cooked poultry	9.5			
neck meat, giblets, or kidneys Includes USDA	40 lb pkg	640.0	1 oz cooked poultry	0.16			
Commodity	40 lb pkg	426.6	1-1/2 oz cooked poultry	0.24			
Chicken, cooked, frozen Whole, Cut up, Breaded 8 Pieces Breaded (about 2-3/4 lb without neck and giblets) USDA Commodity	30 lb box (pre-cooked breaded)	(about 66)	2 oz or more cooked poultry with skin (1 serving = 1 breast piece, or 1 drumstick and 1 wing, or 1 thigh with back)	(about 1.6)	1 box contains about 10 chickens weighing 2-1/2 to 3-3/4 lb		
Chicken pieces: 2 breast pieces, 2 drumsticks 2 thighs with back 2 wings							

¹⁸ Based on USDA Specification for Canned Boned Poultry.

Section 1--Meat/Meat Alternates **Purchase Purchase** Additional Food As **Servings** Serving Size per Unit **Meal Contribution** Units Information Purchased, AP per **Purchase** for 100 Unit, EP **Servings** CHICKEN PRODUCTS, canned or frozen^{19, 20} 2.30 43.5 1 lb AP = 0.20 lb cooked Chicken Products Pound 3/4-cup serving (about Chicken a La King^{19, 20} 1.3 oz cooked poultry) chicken meat with skin 1 lb AP = 0.40 lb cooked**Chicken Products** Pound 3.50 1/2-cup serving (about 28.6 1.8 oz cooked poultry) chicken meat with skin Chicken Barbeque. Minced^{19, 20} **Chicken Products** Pound 2.30 3/4-cup serving (about 43.5 1 lb AP = 0.28 lb cookedChicken Chili^{19, 20} 1.9 oz cooked poultry) chicken meat with skin 2.62 38.2 1 lb AP = 0.17 lb cookedChicken Products Pound 2/3-cup serving (about chicken meat with skin **Chicken Chili with** 1.0 oz cooked meat) Beans^{19, 20} 1 lb AP = 0.30 lb cooked **Chicken Products** Pound 2.60 2/3-cup serving (about 38.5

1.8 oz cooked poultry)

1/2-cup serving (about

1/3-cup serving (about

1.0 oz cooked poultry)

1 cup serving (about

1.4 oz cooked poultry)

3/4-cup serving (about

1.3 oz cooked poultry)

skin)

1.1 oz cooked poultry with

29.0

18.9

58.9

43.5

CHICKPEAS (see BEANS, GARBANZO)

Pound

Pound

Pound

Pound

3.46

5.30

1.70

2.30

Chicken Hash^{19, 20}

Chicken Products

Chicken Products

Chicken Products

or Dumplings19,20

Chicken Products

Chicken with Gravy^{19, 20}

Chicken with Noodles

Creamed Chicken 19, 20

Chicken Salad^{19, 20}

chicken meat with skin

1 lb AP = 0.25 lb cooked

1 lb AP = 0.35 lb cooked

1 lb AP = 0.15 lb cooked

1 lb AP = 0.20 lb cooked

chicken meat with skin

chicken meat with skin

chicken meat with skin

chicken meat with skin

¹⁹ Yield data is based on minimum percent meat as required by FSIS standard of identity regulations found in 9 CFR.

²⁰ Purchasers of theses products will need to ensure that the name of the food on the product label exactly matches the "As Purchased" description in Column 1.

24			
Section	1—Meat	/Meat	Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
EGGS ^{21, 22, 23}					
Eggs Shell Eggs, fresh^{21,22} <i>Large</i> <i>Whole</i>	Dozen (24 oz)	12.0	1 large egg	8.4	1 qt (34 oz) about 19 large whole eggs, or 29 whites, or 57 yolks
vinoic	Dozen (24 oz)	24.0	1/2 large egg	4.2	
Eggs Frozen Whole Eggs Pasteurized	5 lb pkg	45.0	1 large egg	2.3	1 lb frozen = about 1-7/8 cups (9 large eggs)
Includes USDA Commodity	5 lb pkg	90.0	1/2 large egg	1.2	
Commounty	Pound	9.00	1 large egg	11.2	
	Pound	18.0	1/2 large egg	5.6	
Eggs Dried Whole Eggs²³	No. 10 can (48 oz)	96.0	1 large egg	1.1	1 lb AP = about 5-1/3 cups dried egg
	No. 10 can (48 oz)	192.0	1/2 large egg	0.6	2 cups (6 oz) dried eggs and 2 cups water = 1 dozen large eggs
	Pound	32.0	1 large egg	3.2	
	Pound	64.0	1/2 large egg	1.6	
FRANKFURTERS	S, BOLOGNA	24, 25			
Bologna ^{24, 25}	Pound	16.0	1 oz serving	6.3	
Frankfurters ^{24,25} 8 per pound	Pound	8.00	2 oz frankfurter	12.5	

²¹ For other sizes of eggs to use in place of large size eggs, multiply the number (or dozens or cases) of large eggs by a factor as follows: Extra large size, 0.87; medium size, 1.14; small size, 1.35.

²²The Food and Drug Administration (FDA) has issued a warning for the consumption of raw shell eggs. Susceptible populations such as young children, pregnant women, the elderly, and those with compromised immune systems should avoid eating raw, undercooked, or unpasteurized fresh eggs to avoid foodborne illness.

²³ Quantities are for dried whole eggs. For blends and specialty egg products, use CN-labeled product or manufacturer's documentation.

²⁴ Includes meat and poultry products. Yields are based on products that do not contain meat or poultry byproducts, cereals, binders or extenders, except to include those products containing Alternate Protein Products (APP) within the limits specified in 9 CFR 319.180(e) and meeting the requirements of Appendix A of 7 CFR 210, 220, 225 and 226. No other binders and extenders may be used in conjunction with the APP to receive the ounce per ounce crediting.

Due to increased number of illnesses associated with Listeria monocytogenes and the consumption of unheated hot dogs and luncheon meats, the Food and Drug Administration has advised pregnant women, the elderly, and persons with weakened immune systems to not eat hot dogs or luncheon meats unless they are reheated until steaming hot.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
FRANKFURTER:	S, BOLOGN	A ^{24, 25} (contii	nued)		
Frankfurters ^{24,25} 10 per pound	Pound	10.0	1.6 oz frankfurter	10.0	
Knockwurst ^{24, 25}	Pound	16.0	1 oz serving	6.3	
Vienna Sausage ^{24, 25}	Pound (drained weight)	16.0	1 oz serving	6.3	
GAME, fresh or	frozen ²⁶				
Game ²⁶ Buffalo <i>Ground</i>	Pound	11.5	1 oz cooked lean meat	8.7	1 lb AP = 0.72 lb cooked, drained lean buffalo
around .	Pound	7.68	1-1/2 oz cooked lean meat	13.1	
Game ²⁶ Goat Roast	Pound	8.00	1 oz cooked lean meat	12.5	1 lb AP = 0.50 lb cooked, trimmed, sliced lean goat
Nodat		5.33	1-1/2 oz cooked lean meat	18.8	
Game ²⁶ Ostrich Medallions	Pound	11.2	1 oz cooked lean meat	9.0	1 lb AP = 0.70 lb cooked lean ostrich
wedamons		7.46	1-1/2 oz cooked lean meat	13.5	
Game ²⁶ Venison (Deer) Ground	Pound	11.5	1 oz cooked lean meat	8.7	1 lb AP = 0.72 lb cooked, drained lean venison
(Like IMPS #996)	Pound	7.68	1-1/2 oz cooked lean meat	13.1	

LAMB, FRESH OR FROZEN

LAMB, CHOPS, fresh or frozen						
Lamb, Chops, fresh or frozen Shoulder chops	Pound	7.36	1 oz cooked lean meat	13.6	1 lb AP= 0.46 lb cooked lean lamb	
With bone	Pound	4.90	1-1/2 oz cooked lean meat	20.5		

²⁴ Includes meat and poultry products. Yields are based on products that do not contain meat or poultry byproducts, cereals, binders or extenders, except to include those products containing Alternate Protein Products (APP) within the limits specified in 9 CFR 319.180(e) and meeting the requirements of Appendix A of 7 CFR 210, 220, 225 and 226. No other binders and extenders may be used in conjunction with the APP to receive the ounce per ounce crediting.

²⁵ Due to increased number of illnesses associated with Listeria monocytogenes and the consumption of unheated hot dogs and luncheon meats, the Food and Drug Administration has advised pregnant women, the elderly, and persons with weakened immune systems to not eat hot dogs or luncheon meats unless they are reheated until steaming hot.

²⁶ All "game" meat must be purchased from a USDA inspected establishment. Wild game is **not** allowed to be used in FNS Child Nutrition Programs.

Section 1—M	eat/Meat	Alternate	S		
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
LAMB, GROUNE), frozen				
Lamb, Ground, frozen	Pound	10.2	1 oz cooked lean meat	9.9	1 lb AP = 0.64 lb cooked, drained lean lamb
	Pound	6.82	1-1/2 oz cooked lean meat	14.7	
LAMB, LEG ROA	AST, fresh o	r frozen			
Lamb, Leg Roast, fresh or frozen	Pound	9.76	1 oz cooked lean meat	10.3	1 lb AP = 0.61 lb cooked lean lamb
Without bone	Pound	6.50	1-1/2 oz cooked lean meat	15.4	
LAMB, SHOULD	ER ROAST,	fresh or froz	en		
Lamb, Shoulder Roast, fresh or frozen	Pound	8.64	1 oz cooked lean meat	11.6	1 lb AP = 0.54 lb cooked lean lamb
Without bone	Pound	5.76	1-1/2 oz cooked lean meat	17.4	
LAMB, STEW M	EAT, fresh	or frozen			
Lamb, Stew Meat, fresh or frozen Without bone	Pound	10.4	1 oz cooked lean meat	9.7	1 lb AP = 0.65 lb cooked lean lamb
William Solid	Pound	6.93	1-1/2 oz cooked lean meat	14.5	
LENTILS, dry					
Lentils, dry	Pound	29.6	1/4 cup cooked lentils	3.4	1 lb dry = about 2-3/8 cups dry
	Pound	19.7	3/8 cup cooked lentils	5.1	
NUTS: TREE NU	TS and OTH	IER NUTS, s	helled ²⁷		
Tree Nuts Almonds ²⁷ Includes USDA	Pound	16.0	1 oz nuts	6.3	1 lb = about 3-1/2 cups chopped almonds
Commodity	2 lb pkg	32.0	1 oz nuts	3.2	
0	25 lb pkg	400.0	1 oz nuts	0.25	
Tree Nuts Brazil nuts ²⁷	Pound	16.0	1 oz nuts	6.3	1 lb = about 3-1/4 cups whole Brazil nuts

²⁷ Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

dditional formation
= about 3-1/3 cups ew nuts, whole or es
= about 4 cups ped filberts
= about 3-1/3 cups e macadamia nuts
= about 3-3/4 cups ped pecans
= about 2-7/8 cups e pine nuts
= about 3-1/2 cups chio nuts
= about 3-5/8 cups ped black walnuts
= about 3-3/4 cups es English walnuts
= about 3-1/4 cups out granules
. 10 can = about ups roasted peanuts
= about 3 cups whole outs
= about 4-1/4 cups e soy nuts

²⁷ Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

Section 1—Me	Purchase		T	E Purchase	↑ Additional
■ Purchased, AP	4 Unit	per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PEANUT BUTTE	R and OTHE	ER NUT or S	EED BUTTERS		
Almond butter Cashew nut butter Peanut butter	No. 10 can (108 oz)	97.5	2 tablespoons nut/seed butter (1 oz meat alternate)	1.1	2 Tbsp = about 1.1 oz nut/ seed butter
Reduced fat peanut butter Sesame seed butter Soy nut butter	No. 10 can (108 oz)	65.0	3 tablespoons nut/seed butter (1-1/2 oz meat alternate)	1.6	
Sunflower seed butter Includes USDA	32 oz jar	28.8	2 tablespoons nut/seed butter (1 oz meat alternate)	3.5	
Commodity peanut butter	32 oz jar	19.2	3 tablespoons nut/seed butter (1-1/2 oz meat alternate)	5.3	
	Pound	14.4	2 tablespoons nut/seed butter (1 oz meat alternate)	7.0	
	Pound	9.62	3 tablespoons nut/seed butter (1-1/2 oz meat alternate)	10.4	
PEAS					
PEAS, dry					
Peas, dry Split	Pound	23.1	1/4 cup cooked peas	4.4	1 lb dry = about 2-1/4 cups dry
	Pound	15.4	3/8 cup cooked peas	6.5	n n 1
Peas, dry Whole	Pound	25.6	1/4 cup cooked peas	4.0	1 lb dry = about 2-1/3 cups dry
	Pound	17.0	3/8 cup cooked peas	5.9	
PEAS, BLACKEY	ED (see Bl	EANS, BLAC	KEYED)		
PEA SOUP					
Pea Soup, dry peas, canned Condensed	No. 3 Cyl (50 oz)	23.0	1/2 cup reconstituted (1/4 cup cooked peas)	4.4	Reconstitute 1 part soup with not more than 1 part
(1 part soup to 1 part water) Includes Cream of pea soup	Pound	7.30	1/2 cup reconstituted (1/4 cup cooked peas)	13.7	water
Pea Soup, dry peas, canned Ready-to-serve	8 oz can	1.00	1 cup serving (1/2 cup cooked peas)	100.0	

Section 1—Meat/Meat Alternates

2 Purchase Unit	3 Servings per Purchase	4 Serving Size per Meal Contribution	5 Purchase Units for 100	6 Additional Information
	Unit, EP		Servings	

PORK, FRESH OR FROZEN

PORK, GROUND	, fresh or fr	ozen ^{28, 29}			
Pork, Ground, fresh or frozen ²⁸ no more than 30% fat	Pound	11.2	1 oz cooked lean meat	9.0	1 lb AP = 0.70 lb cooked lean meat
Market Style (Like IMPS #496)	Pound	7.46	1-1/2 oz cooked lean meat	13.5	
Pork, Ground, fresh or frozen ²⁹ no more than 26% fat	Pound	11.5	1 oz cooked lean meat	8.7	1 lb AP = 0.72 lb cooked lean meat
(Like IMPS #496)	Pound	7.68	1-1/2 oz cooked lean meat	13.1	
Pork, Ground, fresh or frozen ²⁹ no more than 24% fat	Pound	11.6	1 oz cooked lean meat	8.7	1 lb AP = 0.73 lb cooked lean meat
(Like IMPS #496)	Pound	7.78	1-1/2 oz cooked lean meat	12.9	
Pork, Ground, fresh or frozen ²⁹ no more than 20% fat	Pound	11.8	1 oz cooked lean meat	8.5	1 lb AP = 0.74 lb cooked lean meat
Includes USDA Commodity (Like IMPS #496)	Pound	7.89	1-1/2 oz cooked lean meat	12.7	
Pork, Ground, fresh or frozen ²⁹ no more than 15% fat	Pound	12.0	1 oz cooked lean meat	8.4	1 lb AP = 0.75 lb cooked lean meat
(Like IMPS #496)	Pound	8.00	1-1/2 oz cooked lean meat	12.5	-
Pork, Ground, fresh or frozen ²⁹ no more than 10% fat	Pound	12.1	1 oz cooked lean meat	8.3	1 lb AP = 0.76 lb cooked lean meat
(Like IMPS #496)	Pound	8.10	1-1/2 oz cooked lean meat	12.4	

²⁸ Ground Pork, Market Style (no more than 30 percent fat) is based on USDA standard as referenced in FSIS Policy Book. Must comply with Code of Federal Regulations, Title 9, Part 319.15(a).

²⁹ Ground Pork is based on USDA standard as referenced in FSIS Policy Book. Must comply with Code of Federal Regulations, Title 9, Part 319.15(a), but with maximum fat content as is listed here.

Section 1—Me	Section 1—Meat/Meat Alternates						
1 Food As Purchased, AP	2 Purchase Unit	Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information		
PORK, HEART, f	resh or froz	en					
Pork, Heart, fresh or frozen Trimmed	Pound	9.12	1 oz cooked lean meat	11.0	1 lb AP = 0.57 lb cooked pork heart		
	Pound	6.08	1-1/2 oz cooked lean meat	16.5			
Pork, Heart, fresh or frozen Untrimmed	Pound	8.16	1 oz cooked lean meat	12.3	1 lb AP = 0.51 lb cooked, trimmed pork heart		
	Pound	5.44	1-1/2 oz cooked lean meat	18.4			
PORK LEG (FRE	SH HAM), f	resh or froz	en				
Pork Leg (Fresh Ham), fresh or frozen Short shank With bone	Pound	7.20	1 oz cooked lean meat	13.9	1 lb AP = 0.45 lb cooked, trimmed, boned, sliced lean meat		
(Like IMPS #401A)	Pound	4.80	1-1/2 oz cooked lean meat	20.9			
Pork Leg (Fresh Ham), fresh or frozen Outside, Roast	Pound	9.28	1 oz cooked lean meat	10.8	1 lb AP = 0.58 lb cooked, trimmed, sliced lean meat		
Without bone Practically-free-of-fat (Like IMPS #402E) Includes USDA Commodity	Pound	6.18	1-1/2 oz cooked lean meat	16.2			
Pork Leg (Fresh Ham), fresh or frozen Inside roast Without bone Practically-free-of-fat (Like IMPS #402F) Includes USDA Commodity	Pound Pound	8.64 5.76	1 oz cooked lean meat 1-1/2 oz cooked lean meat	11.6	1 lb AP = 0.54 lb cooked, trimmed, sliced lean meat		
Pork Leg (Fresh Ham), fresh or frozen Pork leg tip Without bone	Pound Pound	9.92	1 oz cooked lean meat 1-1/2 oz cooked lean meat	10.1 15.2	1 lb AP = 0.62 lb cooked lean meat		
Practically-free-of-fat (Like IMPS #402H)			-,				
PORK LIVER, fre	sh or froze	D					
Pork Liver, fresh or frozen Whole	Pound	12.4	1 oz cooked lean meat	8.1	1 lb AP = 0.78 lb cooked, trimmed, sliced pork liver		
Untrimmed (Like IMPS #710)	Pound	8.32	1-1/2 oz cooked lean meat	12.1			

Section 1—Meat/Meat Alternates					
1 Food As Purchased, AP	2 Purchase Unit	Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PORK LOIN CHO	PS, fresh o	r frozen			
Pork Loin Chops, fresh or frozen With bone	Pound	7.20	1 oz cooked lean meat	13.9	1 lb AP = 0.45 lb cooked lean meat
1/4-inch trim	Pound	4.80	1-1/2 oz cooked lean meat	20.9	
Pork Loin Chops, fresh or frozen Without bone	Pound	9.44	1 oz cooked lean meat	10.6	1 lb AP = 0.59 lb cooked, trimmed, sliced lean meat
1/4-inch trim (Like IMPS #1413)	Pound	6.29	1-1/2 oz cooked lean meat	15.9	
Pork Loin Chops, fresh or frozen Without bone,	Pound	11.2	1 oz cooked lean meat	9.0	1 lb AP = 0.70 lb cooked lean meat
Practically-free-of-fat (Like IMPS #1413)	Pound	7.46	1-1/2 oz cooked lean meat	13.5	
PORK LOIN END	CHOPS, fr	esh or froze	n		
Pork Loin End Chops, fresh or frozen With bone 1/4-inch trim	Pound	5.60	1 oz cooked lean meat	17.9	1 lb AP = 0.35 lb cooked, trimmed, boned sliced lean meat
(Like IMPS #1410B)	Pound	3.73	1-1/2 oz cooked lean meat	26.9	_
Pork Loin End Chops, fresh or frozen With bone Practically-free-of-fat	Pound	6.56	1 oz cooked lean meat	15.3	1 lb AP = 0.41 lb cooked, boned, trimmed, sliced lean meat
(Like IMPS #1410B)	Pound	4.37	1-1/2 oz cooked lean meat	22.9	
Pork Loin End Chops, fresh or frozen Without bone	Pound	8.48	1 oz cooked lean meat	11.8	1 lb AP = 0.53 lb cooked, trimmed, sliced lean meat
1/4-inch trim (Like IMPS #1413B)	Pound	5.65	1-1/2 oz cooked lean meat	17.7	
Pork Loin End Chops, fresh or frozen Without bone	Pound	10.7	1 oz cooked lean meat	9.4	1 lb AP = 0.67 lb cooked lean meat
Practically-free-of-fat (Like IMPS #1413B)	Pound	7.14	1-1/2 oz cooked lean meat	14.1	

Section 1—Mo	eat/Meat	Alternate	S		
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PORK LOIN ROA	AST, fresh o	r frozen			
Pork Loin Roast, fresh or frozen With bone 1/4-inch trim	Pound	7.68	1 oz cooked lean meat	13.1	1 lb AP = 0.48 lb cooked, trimmed, boned, sliced lean meat
(Like IMPS #410)	Pound	5.12	1-1/2 oz cooked lean meat	19.6	
Pork Loin Roast, fresh or frozen Without bone	Pound	9.28	1 oz cooked lean meat	10.8	1 lb AP = 0.58 lb cooked, trimmed, sliced lean meat
1/4-inch trim (Like IMPS #413)	Pound	6.18	1-1/2 oz cooked lean meat	16.2	, n
Pork Loin Roast, fresh or frozen	Pound	10.2	1 oz cooked lean meat	9.9	1 lb AP = 0.64 lb cooked, trimmed, sliced lean meat
Without bone Practically-free-of-fat (Like IMPS #413)	Pound	6.82	1-1/2 oz cooked lean meat	14.7	
Pork Loin Roast, fresh or frozen Center cut 11 Ribs	Pound	5.28	1 oz cooked lean meat	19.0	1 lb AP = 0.33 lb cooked, boned, trimmed, sliced lean meat
With bone 1/4-inch trim (Like IMPS #412C)	Pound	3.52	1-1/2 oz cooked lean meat	28.5	
Pork Loin Roast, fresh or frozen Center cut 11 Ribs	Pound	8.16	1 oz cooked lean meat	12.3	1 lb AP = 0.51 lb cooked, boned, trimmed, sliced lean meat
With bone Practically free of fat (Like IMPS #412C)	Pound	5.44	1-1/2 oz cooked lean meat	18.4	
Pork Loin Roast, fresh or frozen Center cut	Pound	9.92	1 oz cooked lean meat	10.1	1 lb AP = 0.62 lb cooked, trimmed, sliced lean meat
11 ribs Without bone 1/4-inch trim (Like IMPS #412E)	Pound	6.61	1-1/2 oz cooked lean meat	15.2	
-					

Section 1—Meat/Meat Alternates							
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information		
PORK SAUSAGE	, fresh or f	rozen ^{30, 31}					
Pork Sausage, fresh or frozen Bulk, Link, or Patty ³⁰ Market Style Raw	Pound Pound	7.52 5.01	1 oz cooked lean meat 1-1/2 oz cooked lean meat	13.3	1 lb AP = 0.47 lb cooked lean meat		
Pork Sausage, fresh or frozen Italian style ³¹	Pound	9.92	1 oz cooked lean meat	10.1	1 lb AP = 0.62 lb cooked, drained Italian sausage		
no more than 35% fat (3% water maximum) Raw	Pound	6.61	1-1/2 oz cooked lean meat	15.2			
(Like IMPS #818)					22.0		
PORK SHOULDE	R, BOSTON	BUTT, fres	n or frozen				
Pork Shoulder, Boston Butt, fresh or frozen With bone	Pound	8.32	1 oz cooked lean meat	12.1	1 lb AP = 0.52 lb cooked, boned, trimmed, sliced lean meat		
1/4-inch trim (Like IMPS #406)	Pound	5.54	1-1/2 oz cooked lean meat	18.1			
Pork Shoulder, Boston Butt, fresh or frozen	Pound	9.60	1 oz cooked lean meat	10.5	1 lb AP = 0.60 lb cooked lean meat		
Without bone 1/4-inch trim (Like IMPS #406A)	Pound	6.40	1-1/2 oz cooked lean meat	15.7			
PORK SHOULDE	R, PICNIC,	fresh or fro	zen				
Pork Shoulder, Picnic, fresh or frozen With bone	Pound	6.88	1 oz cooked lean meat	14.6	1 lb AP = 0.43 lb cooked, boned, trimmed, sliced lean meat		
1/4-inch trim (Like IMPS #405)	Pound	4.58	1-1/2 oz cooked lean meat	21.9			

³⁰ Fresh Pork Sausage, Market Style (no more than 50 percent trimmable fat) is based on USDA, FSIS standard as published in the Code of Federal Regulations, Title 9, Part 319.141 Fresh Pork Sausage.

³¹ Sausage, Italian, products (total fat content no more than 35 percent). May be made with Pork, Beef, and/or Veal, based on USDA, FSIS standard as published in the Code of Federal Regulations, Title 9, Part 319.145.

Section 1—Meat/Meat Alternates						
1 Food As Purchased, AP	2 Purchase Unit	per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information	
PORK SHOULDE	R, PICNIC,	fresh or fro	zen (continued)			
Pork Shoulder, Picnic, fresh or frozen Without bone 1/4-inch trim (Like IMPS #405A)	Pound Pound	9.12	1 oz cooked lean meat 1-1/2 oz cooked lean meat	11.0	1 lb AP = 0.57 lb cooked, trimmed, sliced lean meat	
Includes USDA Commodity						
Pork Shoulder, Picnic, fresh or frozen Cushion	Pound	10.4	1 oz cooked lean meat	9.7	1 lb AP = 0.65 lb cooked, sliced lean meat	
Without bone Practically-free-of-fat (Like IMPS #405B)	Pound	6.93	1-1/2 oz cooked lean meat	14.5		
PORK SIRLOIN,	ROAST. fres	sh or frozen				
Pork Sirloin Roast, fresh or frozen	Pound	9.92	1 oz cooked lean meat	10.1	1 lb AP = 0.62 lb cooked, sliced lean meat	
Without bone 1/4-inch trim (Like IMPS #414A)	Pound	6.61	1-1/2 oz cooked lean meat	15.2		
Pork Sirloin Roast, fresh or frozen Without bone	Pound	9.12	1 oz cooked lean meat	11.0	1 lb AP = 0.57 lb cooked, sliced lean meat	
Practically-free-of-fat (Like IMPS #414A)	Pound	6.08	1-1/2 oz cooked lean meat	16.5		
PORK SPARERII	BS, fresh or	frozen				
Pork Spareribs, fresh or frozen	Pound	6.24	1 oz cooked lean meat	16.1	1 lb AP = 0.39 lb cooked lean meat	
DODY OTERY	Pound	4.16	1-1/2 oz cooked lean meat	24.1		
PORK STEAK, fr						
Pork Steak, fresh or frozen Cubed (Like IMPS #1400)	Pound	5.16	One 3.1 oz raw steak when cooked provides 2 oz cooked lean meat	19.4	1 lb AP = 0.65 lb cooked lean meat	
(2.00 1111 0 11 1700)	Pound	3.40	One 4.7 oz raw steak when cooked provides 3 oz lean cooked meat	29.5		
	Pound	10.4	1 oz cooked lean meat	9.7		
	Pound	6.93	1-1/2 oz cooked lean meat	14.5		

Section 1—Me	Section 1—Meat/Meat Alternates						
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information		
PORK STEAK, fr	ozen (conti	nued)					
Pork Steak, fresh or frozen Flaked and Formed 4 oz raw steaks (Like IMPS #1438)	Pound	4.00	One 4.0 oz raw steak when cooked provides 2.7 oz cooked lean meat	25.0	1 lb AP = 0.68 lb cooked lean meat		
PORK STEW ME	AT, fresh o	r frozen					
Pork Stew Meat, fresh or frozen Composite of trimmed retail cuts	Pound Pound	9.28	1 oz cooked lean meat 1-1/2 oz cooked lean meat	10.8	1 lb AP = 0.58 lb cooked, trimmed, drained lean meat		
Without bone 1/4-inch trim (Like IMPS #435A)	rouliu	0.18	1-1/2 02 cooked lean meat	10.2			
PORK STOMACI	H (MAWS),	fresh or froz	zen				
Pork Stomach (Maws), fresh or frozen	Pound	11.3	1 oz cooked lean meat	8.9	1 lb AP = 0.71 lb cooked, drained pork stomach		
Scalded (Like IMPS #729)	Pound	7.57	1-1/2 oz cooked lean meat	13.3			
PORK, MILD CUR	RED	-	k		4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4		
PORK, MILD CU	RED, Read	y-to-cook, cl	nilled or frozen ³²				
Pork, Mild Cured, Ready-to-cook, chilled or frozen	Pound	11.0	1 oz cooked lean meat	9.1	1 lb AP = 0.69 lb cooked lean meat		
Canadian bacon ³²	Pound	7.36	1-1/2 oz cooked lean meat	13.6			
Pork, Mild Cured, Ready-to-cook, chilled or frozen	Pound	8.64	1 oz cooked lean meat	11.6	1 lb AP = 0.54 lb cooked lean meat		
Pork shoulder Boston butt ³² With bone	Pound	5.76	1-1/2 oz cooked lean meat	17.4			
Pork, Mild Cured, Ready-to-cook, chilled or frozen	Pound	9.60	1 oz cooked lean meat	10.5	1 lb AP = 0.60 lb cooked lean meat		
Pork shoulder Boston butt ³² Without bone	Pound	6.40	1-1/2 oz cooked lean meat	15.7			

³² Purchasers of these products will need to ensure that the name of the food on the product labels exactly matches the "As Purchased" description in Column 1.

Section 1—Meat/Meat Alternates							
1 Food As Purchased, AP	2 Purchase Unit		4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information		
PORK, MILD CU	RED, Ready	y-to-cook, cl	nilled or frozen ³² (contin	ued)			
Pork, Mild Cured, Ready-to-cook, chilled or frozen	e page a	6.72	1 oz cooked lean meat	14.9	1 lb AP = 0.42 lb cooked lean meat		
Pork shoulder Picnic ³² With bone	Pound	4.48	1-1/2 oz cooked lean meat	22.4			
Pork, Mild Cured, Ready-to-cook, chilled or frozen	Pound	8.48	1 oz cooked lean meat	11.8	1 lb AP = 0.53 lb cooked lean meat		
Pork Shoulder Picnic ³² Without bone	Pound	5.65	1-1/2 oz cooked lean meat	17.7			
PORK, MILD CU	RED, Fully	Cooked, chi	lled or frozen ^{32, 33}	THE STATE OF			
Pork, Mild Cured, Ready-to-cook, chilled or frozen	Pound	10.0	1 oz cooked lean meat	10.0	1 lb AP = 0.63 lb cooked lean meat		
Ham ³² Without bone	Pound	6.72	1-1/2 oz cooked lean meat	14.9			
Pork, Mild Cured, Fully Cooked, chilled or frozen	Pound	14.2	1.12 oz ham with natural juices (provides 1 oz lean cooked meat)	7.0	1 lb AP = 0.90 lb cooked lean meat (Protein Fat Free value of 18.5)		
With natural juices ³² Boiled Without bone (Like IMPS #508 Style B)	Pound	9.58	1.67 oz ham with natural juices (provides 1-1/2 oz cooked lean meat)	10.5			
Pork, Mild Cured, Fully Cooked, chilled or frozen Ham	Pound	14.2	1.12 oz ham with natural juices (provides 1 oz lean cooked meat)	7.0	1 lb AP = 0.90 lb cooked lean meat (Protein Fat Free value of 18.5)		
With natural juices ³² Smoked Without bone	Pound	9.58	1.67 oz ham with natural juices (provides 1-1/2 oz cooked lean meat)	10.5			

(Like IMPS #509

Style B)

³² Purchasers of these products will need to ensure that the name of the food on the product labels exactly matches the "As Purchased" description in Column 1.

³³ For products labeled "Ham and Water Products X% of weight is added ingredients" to be properly utilized in Child Nutrition Programs, you should either 1) purchase a CN labeled product or 2) take out the percent of added water/ingredients by multiplying the finished weight by the percent added ingredients and then subtracting that amount from the finished weight, divide by the manufacturers cooking yield to obtain the raw weight of the product and then multiply by the *Food Buying Guide* yield for the specific cut of pork used to process the product.

Section 1—Meat/Meat Alternates							
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information		
PORK, MILD CU	RED, Fully	Cooked, chi	lled or frozen ³² (continu	ed)			
Pork, Mild Cured, Fully Cooked, chilled or frozen Ham	Pound	13.1	1.22 oz ham water added (provides 1 oz cooked lean meat)	7.7	1 lb AP = 0.82 lb cooked lean meat (Protein Fat Free value of 17.0)		
Water added ³² Smoked Rolled Fully cooked (Like IMPS #505 Style C) USDA Commodity	Pound	8.74	1.83 oz ham water added (provides 1-1/2 oz cooked lean meat)	11.5			
Pork, Mild Cured, Fully Cooked, chilled or frozen	Pound	13.1	1.22 oz ham water added (provides 1 oz cooked lean meat)	7.7	1 lb AP = 0.82 lb cooked lean meat (Protein Fat Free value of 17.0)		
Water added ³² Boiled Without bone (Like IMPS #508 Style C)	Pound	8.74	1.83 oz ham water added (provides 1-1/2 oz cooked lean meat)	11.5			
Pork, Mild Cured, Fully Cooked, chilled or frozen Ham	Pound	13.1	1.22 oz ham water added (provides 1 oz cooked lean meat)	7.7	1 lb AP = 0.82 lb cooked lean meat (Protein Fat Free value of 17.0)		
Water added ³² Chunked and Formed Smoked Without bone (Like IMPS #511 Style C)	Pound	8.74	1.83 oz ham water added (provides 1-1/2 oz cooked lean meat)	11.5			
Pork, Mild Cured, Fully Cooked, chilled or frozen Pork Shoulder Boston butt Water added ³² Without bone Smoked	Pound	7.61	1.39 oz cooked pork water added (provides 1.0 oz lean cooked meat) 2.1 oz cooked pork water added (provides 1-1/2 oz lean cooked meat)	8.7	1 lb AP = 0.72 lb cooked pork shoulder water added (Protein fat free value = 16.5)		
Special (Like IMPS #531 Style C)							

³² Purchasers of these products will need to ensure that the name of the food on the product labels exactly matches the "As Purchased" description in Column 1.

Section	1_	Meat.	Meat	Alternates
SECTION		-ivical/	IVICAL	Altelliates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PORK, MILD CL	JRED, canne	d ³²			
Pork, Mild Cured, canned Ham ³²	Pound	10.2	1 oz heated lean meat	9.9	1 lb AP = 0.64 lb cooked lean meat
	Pound	6.82	1-1/2 oz heated lean meat	14.7	
	Pound	10.2	1.2 oz unheated meat (provides 1 oz heated lean meat)	9.9	
	Pound	6.82	1.8 oz unheated meat (provides 1.5 oz cooked lean meat)	14.7	

PORK, COOKED

Pork, canned Pork with Natural	No. 2-1/2 can (29 oz)	14.7	1 oz heated, drained lean meat	6.9	1 lb AP = 0.51 lb heated, drained pork
Juices	,				· ·
USDA Commodity	No. 2-1/2 can (29 oz)	9.86	1-1/2 oz heated, drained lean meat	10.2	
	Pound	8.16	1 oz heated, drained lean meat	12.3	
	Pound	5.44	1-1/2 oz heated, drained lean meat	18.4	

SEAFOOD

Seafood, fresh or frozen Clams	Pound	8.00	1 oz cooked fish	12.5	1 lb AP = 0.50 lb cooked clams
Shucked Drained	Pound	5.33	1-1/2 oz cooked fish	18.8	
Seafood, fresh or frozen Clams	Pound	10.5	1 oz cooked fish	9.6	1 lb AP = 0.66 lb cooked clams
Minced	Pound	7.04	1-1/2 oz cooked fish	14.3	

³² Purchasers of these products will need to ensure that the name of the food on the product labels exactly matches the "As Purchased" description in Column 1.

Section 1—Me	at/ weat	Aiternate	5		
1 Food As Purchased, AP	2 Purchase Unit	Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
Seafood, CLAMS	6, fresh, fro	zen or cann	ed (continued)		
Seafood, canned Clams Minced	51 oz can	19.3	1 oz heated fish	5.2	51 oz can = about 22.0 oz drained, unheated clams
	51 oz can	12.8	1-1/2 oz heated fish	7.9	
	7-1/2 oz can	2.83	1 oz heated fish	35.4	
	7-1/2 oz can	1.89	1-1/2 oz heated fish	53.0	
Seafood, CRAB,	fresh or fro	zen			
Seafood, fresh or frozen	Pound	15.5	1 oz heated fish	6.5	1 lb AP = 0.97 lb heated crab meat
Crab Meat Cooked	Pound	10.3	1-1/2 oz heated fish	9.8	
Seafood, CRAW	FISH, fresh	or frozen			
Seafood, fresh Crawfish Whole	Pound	1.28	1 oz cooked fish	78.2	1 lb AP = 0.08 lb cooked, shelled crawfish tail meat
In shell Live	Pound	0.85	1-1/2 oz cooked fish	117.7	
Seafood, fresh or frozen	Pound	14.4	1 oz heated fish	7.0	1 lb AP = 0.90 lb heated crawfish tail meat
Crawfish Tail meat Peeled and Deveined Cooked	Pound	9.60	1-1/2 oz heated fish	10.5	
Seafood, FISH F	ILLETS and	STEAKS, fr	esh or frozen		
Seafood, fresh or frozen	Pound	11.2	1 oz cooked fish	9.0	1 lb AP = 0.70 lb cooked fish
Fish Fillets	Pound	7.46	1-1/2 oz cooked fish	13.5	
Seafood, fresh or frozen	Pound	10.5	1 oz cooked fish	9.6	1 lb AP = 0.66 lb cooked fish
Fish Steaks Cross cut With bone	Pound	7.04	1-1/2 oz cooked fish	14.3	

Section 1—M	Section 1.—Meat/Meat Alternates								
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information				
Seafood, FISH	PORTIONS, 1	rozen ^{34, 35, 36}							
Seafood, frozen Fish Portions ³⁴ Fried battered (45 percent fish) ³⁵ (Not from minced fish)									
3 oz portion	Pound	5.33	1 portion (about 1.1 oz cooked fish)	18.8	1 lb AP = 0.37 lb cooked fish				
2 oz portion	Pound	8.00	1 portion (about 0.7 oz cooked fish)	12.5	1 lb AP = 0.37 lb cooked fish				
Seafood, frozen Fish Portions ³⁴ Fried breaded (65 percent fish) ³⁶ (Not from minced fish)									
4 oz portion	Pound	4.00	1 portion (about 2.2 oz cooked fish)	25.0	1 lb AP = 0.54 lb cooked fish				
3 oz portion	Pound	5.33	1 portion (about 1.6 oz cooked fish)	18.8	1 lb AP = 0.54 lb cooked fish				

1 portion (about 1.1 oz

cooked fish)

12.5

1 lb AP = 0.54 lb cooked fish

2 oz portion

Pound

8.00

³⁴The fish portions and fish sticks provided in this guide are made using compressed fish fillet block (labeled as fish) which provides 0.78 lb cooked fish from 1 lb frozen fish block whereas compressed minced fish (labeled as minced fish) obtains 0.75 lb cooked fish from 1 lb frozen minced fish block.

³⁵There is no standard for this product. It is recommended that you use products with CN labels or specify "FISH PORTIONS, FROZEN, FRIED, BATTERED (45 PERCENT) FISH" and request a Certificate of Inspection from the processor.

³⁶ Fish Portions, Frozen, Fried, breaded is based on the National Oceanic and Atmospheric Administration's (NOAA) Fishery Products Inspection Manual 25 Part II Chapter 4, section 07 which specifies the product must contain a minimum of 65 percent fish.

-Meat/Meat Alternates Section 1-6 Additional 2 Purchase Unit Food As **Servings** Serving Size per **Purchase Meal Contribution** Units Information Purchased, AP per **Purchase** for 100 Unit, EP Servings Seafood, FISH PORTIONS, frozen34, 37 (continued) Seafood, frozen Fish Portions³⁴ Raw breaded (75 percent fish)37 (Not from minced fish) 4 oz portion Pound 4.00 1 portion (about 2.3 oz 25.0 1 lb AP = 0.58 lb cooked fish cooked fish) 1 portion (about 1.7 oz 3 oz portion Pound 5.33 18.8 1 lb AP = 0.58 lb cooked fish cooked fish) 1 portion (about 1.2 oz 2 oz portion Pound 8.00 12.5 1 lb AP = 0.58 lb cooked fish cooked fish) Seafood, frozen Fish Portions³⁴ Raw unbreaded (not from minced fish) 4 oz portion Pound 4.00 1 portion (about 3.1 oz 25.0 1 lb AP = 0.78 lb cooked fish cooked fish) Pound 1 lb AP = 0.78 lb cooked fish 3 oz portion 5.33 1 portion (about 2.3 oz 18.8 cooked fish)

1 portion (about 1.6 oz

cooked fish)

12.5

2 oz portion

Pound

8.00

1 lb AP = 0.78 lb cooked fish

³⁴The fish portions and fish sticks provided in this guide are made using compressed fish fillet block (labeled as fish) which provides 0.78 lb cooked fish from 1 lb frozen fish block whereas compressed minced fish (labeled as minced fish) obtains 0.75 lb cooked fish from 1 lb frozen minced fish block.

³⁷ Fish Portions, Frozen, Raw, Breaded is based on the NOAA's Fishery Products Inspection Manual 25 Part II Chapter 4, section 05 which specifies the product must contain a minimum of 75 percent fish.

Section 1—Me	Section 1—Meat/Meat Alternates							
1 Food As Purchased, AP	2 Purchase Unit	per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information			
Seafood, FISH S	TICKS, froz	en ^{34, 38}						
Seafood, frozen Fish Sticks ³⁴ Fried breaded	Pound	16.0	1 stick (about 0.5 oz cooked fish)	6.3	1 lb AP = 0.49 lb cooked fish			
(60 percent fish) ³⁸ (Not from minced fish)	Pound	8.00	2 sticks (about 1.0 oz cooked fish)	12.5				
1 oz stick	Pound	5.33	3 sticks (about 1.5 oz cooked fish)	18.8				
	Pound	4.00	4 sticks (about 2.0 oz cooked fish)	25.0				
Seafood, frozen Fish Sticks ³⁴ Raw breaded	Pound	16.0	1 stick (about 0.6 oz cooked fish)	6.3	1 lb AP = 0.56 lb cooked fish			
(72 percent fish) (Not from minced fish)	Pound	8.00	2 sticks (about 1.1 oz cooked fish)	12.5				
1 oz stick	Pound	5.33	3 sticks (about 1.7 oz cooked fish)	18.8				
	Pound	4.00	4 sticks (about 2.2 oz cooked fish)	25.0				
Seafood, MACK	EREL, chille	ed, frozen, o	r canned					
Seafood, chilled or frozen Mackerel	Pound	9.76	1 oz fish without bone or skin	10.3	1 lb AP = 0.61 lb deheaded, skinned, boned, mackerel			
Smoked, Cooked Whole Split With bone With skin	Pound	6.50	1-1/2 oz fish without bone or skin	15.4				

³⁴The fish portions and fish sticks provided in this guide are made using compressed fish fillet block (labeled as fish) which provides 0.78 lb cooked fish from 1 lb frozen fish block whereas compressed minced fish (labeled as minced fish) obtains 0.75 lb cooked fish from 1 lb frozen minced fish block.

³⁸ Fish Sticks, Frozen, Fried, Breaded is based the National Oceanic and Atmospheric Administration's (NOAA) Fishery Products Inspection Manual 25 Part II Chapter 4, section 06 which specifies that the product must contain a minimum of 60 percent fish.

Section 1—Me	eat/Meat	Alternate	S		
1 Food As Purchased, AP	2 Purchase Unit	Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
Seafood, MACK	EREL, chille	ed, frozen, o	r canned (continued)		
Seafood, canned Mackerel	No. 300 can (15 oz)	8.87	1 oz drained fish	11.3	1 No. 300 can = about 8-7/8 oz drained, unheated mackerel
	No. 300 can (15 oz)	5.91	1-1/2 oz drained fish	17.0	
	No. 300 can (15 oz)	7.95	1 oz heated, drained fish	12.6	
	No. 300 can (15 oz)	5.30	1-1/2 oz heated, drained fish	18.9	
Seafood, OYSTE	RS, fresh o	r frozen			
Seafood, fresh or frozen Oysters	Pound	8.00	1 oz cooked fish	12.5	1 lb AP = 0.50 lb cooked oysters
Shucked Drained	Pound	5.33	1-1/2 oz cooked fish	18.8	
Seafood, SALM	ON, pouch p	back or can	ned		
Seafood, pouch pack Salmon Without bone	Pound	13.7	1 oz drained fish	7.3	1 lb AP = 0.86 lb drained salmon
Without skin Water-packed	Pound	9.17	1-1/2 oz drained fish	11.0	
Includes USDA Commodity	4 lb pouch	55.0	1 oz drained fish	1.9	
commonly	4 lb Pouch	36.6	1-1/2 drained fish	2.8	
Seafood, canned Salmon Pink	64 oz can	48.0	1 oz heated fish	2.1	64 oz can = about 52.0 oz drained, unheated pink salmon
	64 oz can	32.0	1-1/2 oz heated fish	3.2	

Section 1—Me	eat/Meat	Alternate	S		
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
Seafood, SALMO	ON, pouch p	pack or cann	ned (continued)		
Seafood, canned Salmon Water-packed Includes USDA	15-1/2 oz can	11.6	1 oz heated fish	8.7	15-1/2 oz can = about 12-3/4 oz drained, unheated salmon with bones and skin
Commodity	15-1/2 oz can	7.73	1-1/2 oz heated fish	13.0	14-3/4 oz can = 10.0 oz drained, unheated salmon with bones and skin
	14-3/4 oz can	9.09	1 oz heated fish	11.1	
	14-3/4 oz can	6.06	1-1/2 oz heated fish	16.6	
Seafood, SARDI	NES, canne	ed			
Seafood, canned Sardines	15 oz can	13.2	1 oz fish	7.6	15 oz can = about 13-1/4 oz drained sardines
Whole	15 oz can	8.80	1-1/2 oz fish	11.4	
Seafood, SCALL	OPS, frozer				
Seafood, frozen Scallops	Pound	8.48	1 oz cooked fish	11.8	1 lb AP = 0.53 lb cooked scallops
	Pound	5.65	1-1/2 oz cooked fish	17.7	
Seafood, SHRIM	IP, fresh or	frozen			
Seafood, fresh or frozen Shrimp	Pound	8.64	1 oz cooked fish	11.6	1 lb AP = 0.54 lb cooked shrimp
In shell Deheaded Undeveined	Pound	5.76	1-1/2 oz cooked fish	17.4	
Seafood, fresh or frozen Shrimp Peeled	Pound	11.5 7.68	1 oz cooked fish 1-1/2 oz cooked fish	8.7	1 lb AP = 0.72 lb cooked shrimp
Undeveined 60/70 count/lb (medium)			2 1/2 02 3001100 11011		

1 Food As Purchased, AP	2 Purchase Unit	per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Serv- ings	6 Additional Information
Seafood, SHRIN	IP, fresh or	frozen (cont	inued)		
Seafood, fresh or frozen Shrimp Peeled	Pound Pound	9.92 6.61	1 oz cooked fish 1-1/2 oz cooked fish	10.1	1 lb AP = 0.62 lb cooked shrimp
Deveined	Poulid	0.01	11-1/2 02 COOKEU IISII	15.2	
Seafood, SHRIM	IP, COOKED	, frozen			
Seafood, cooked, frozen Shrimp	Pound (frozen)	13.2	1 oz heated fish	7.6	1 lb AP = 0.83 lb thawed, ready-to-eat shrimp
Peeled Deveined All sizes except for	Pound (frozen)	8.85	1-1/2 oz heated fish	11.3	
salad size	Pound (thawed)	16.0	1 oz heated fish	6.3	1 lb thawed = 1.00 lb ready- to-eat shrimp
	Pound (thawed)	10.6	1-1/2 oz heated fish	9.5	
Seafood, cooked, frozen Shrimp	Pound (frozen)	12.8	1 oz heated fish	7.9	1 lb AP = 0.80 lb thawed shrimp
Peeled Deveined or Undeveined	Pound (frozen)	8.53	1-1/2 oz heated fish	11.8	
Salad size (150-200 count/lb)	Pound (thawed)	16.0	1 oz heated fish	6.3	1 lb thawed = 1.00 lb ready-to-eat shrimp
	Pound (thawed)	10.6	1-1/2 oz heated fish	9.5	
Seafood, SHRIM	IP, canned				
Seafood, canned Shrimp	13-1/4 oz can (drained weight)	13.2	1 oz fish	7.6	1 can = 13-1/4 oz drained, shrimp
	13-1/4 oz can (drained weight)	8.80	1-1/2 oz fish	11.4	
Seafood, SQUID	, CALÁMÁR	l, frozen			
Seafood, frozen Squid, Calamari Rings only	Pound	10.7	1 oz cooked fish	9.4	1 lb AP = 0.67 lb cooked squid
60 0.117	Pound	7.14	1-1/2 oz cooked fish	14.1	

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
Seafood, TUNA,	canned				
Seafood, canned Tuna Chunk style	66-1/2 oz can	51.2	1 oz drained fish	2.0	66-1/2 oz can = about 51.2 oz drained tuna
Water packed Includes USDA Commodity	66-1/2 oz can	34.1	1-1/2 oz drained fish	3.0	n de oponio
commounty	12 oz can	10.5	1 oz drained fish	9.6	12 oz can = about 10.5 oz drained tuna
	12 oz can	7.00	1-1/2 oz drained fish	14.3	
	6 oz can	5.26	1 oz drained fish	19.2	6 oz can = about 5.2 oz drained tuna
	6 oz can	3.50	1-1/2 oz drained fish	28.8	
Seafood, canned Tuna Solid	66-1/2 oz can	50.5	1 oz drained fish	2.0	66-1/2 oz can = about 50.5 oz drained tuna
Water packed	66-1/2 oz can	33.6	1-1/2 oz drained fish	3.0	7
	12 oz can	10.4	1 oz drained fish	9.7	12 oz can = about 10.4 oz drained tuna
	12 oz can	6.95	1-1/2 oz drained fish	14.4	
	6 oz can	5.40	1 oz drained fish	18.6	6 oz can = about 5.4 oz drained tuna
	6 oz can	3.60	1-1/2 oz drained fish	27.8	
Seafood, canned Tuna Grated or Flake	60 oz can	55.0	1 oz drained fish	1.9	60 oz can = about 55.0 oz drained tuna
Gratea or Flanc	60 oz can	36.6	1-1/2 oz drained fish	2.8	
	6 oz can	5.40	1 oz drained fish	18.6	6 oz can = about 5.4 oz drained tuna
	6 oz can	3.60	1-1/2 oz drained fish	27.8	

1 Food As Purchased, AP	2 Purchase Unit	Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
SEEDS ³⁹					
SEEDS ³⁹					
Seeds ³⁹ Pumpkin and Squash <i>Shelled</i>	Pound	16.0	1 oz seeds	6.3	1 lb = about 2 cups pumpkii or squash seeds
Seeds ³⁹ Sesame	Pound	16.0	1 oz seeds	6.3	1 lb = about 3-1/8 cups sesame seeds
Seeds ³⁹ Sunflower Shelled	Pound	16.0	1 oz seeds	6.3	1 lb = about 3-1/2 cups sunflower seeds

TURKEY, FRESH OR FROZEN

,								
TURKEY, WHOLI	E, fresh or f	rozen						
Turkey, Whole, fresh or frozen Without neck and	Pound	8.48	1 oz cooked turkey with skin	11.8	1 lb AP = 0.53 lb cooked turkey with skin			
Giblets Includes USDA Commodity	Pound	5.65	1-1/2 oz cooked turkey with skin	17.7				
Commodity	Pound	7.52	1 oz cooked turkey without skin	13.3	1 lb AP = 0.47 lb cooked turkey without skin			
	Pound	5.01	1-1/2 oz cooked turkey without skin	20.0				
Turkey, Whole, fresh or frozen With Neck and Giblets	Pound	7.68	1 oz cooked turkey with skin without meat from neck and giblets	13.1	1 lb AP = 0.48 lb cooked turkey with skin without meat from neck and giblets			
dibioto	Pound	5.12	1-1/2 oz with skin without meat from neck and giblets	19.6				
	Pound	6.72	1-1/2 oz cooked turkey without skin, giblets, and meat from neck	14.9	1 lb AP = 0.42 lb cooked turkey without skin, giblets and meat from neck			
	Pound	4.48	1-1/2 oz without skin, giblets and meat from neck	22.4				

³⁹ Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
TURKEY PARTS	, fresh or fr	ozen			
Turkey parts, fresh or frozen Turkey Backs	Pound	6.88	1 oz cooked turkey with skin	14.6	1 lb AP = 0.43 lb cooked turkey with skin
With bone Ready-to-cook	Pound	4.58	1-1/2 oz cooked turkey with skin	21.9	
	Pound	5.44	1 oz cooked turkey without skin	18.4	1 lb AP = 0.34 lb cooked turkey without skin
	Pound	3.62	1-1/2 oz cooked turkey without skin	27.7	
Turkey parts, fresh or frozen Turkey Breasts	Pound	10.2	1 oz cooked turkey with skin	9.9	1 lb AP = 0.64 lb cooked turkey with skin
Whole or Halves With bone	Pound	6.82	1-1/2 oz cooked turkey with skin	14.7	
	Pound	9.12	1 oz cooked turkey without skin	11.0	1 lb AP = 0.57 lb cooked turkey without skin
	Pound	6.08	1-1/2 oz cooked turkey without skin	16.5	1547
Turkey parts, fresh or frozen Turkey Drumsticks	Pound	7.68	1 oz cooked turkey with skin	13.1	1 lb AP = 0.48 lb cooked turkey with skin
With bone	Pound	5.12	1-1/2 oz cooked turkey with skin	19.6	
	Pound	7.04	1 oz cooked turkey without skin	14.3	1 lb AP = 0.44 lb cooked turkey without skin
	Pound	4.69	1-1/2 oz cooked turkey without skin	21.4	
Turkey parts, fresh or frozen Turkey Halves With bone	Pound	8.48	1 oz cooked turkey with skin	11.8	1 lb AP = 0.53 lb cooked turkey with skin
	Pound	5.65	1-1/2 oz cooked turkey with skin	17.7	
	Pound	7.36	1 oz cooked turkey without skin	13.6	1 lb AP = 0.46 lb cooked turkey without skin
	Pound	4.90	1-1/2 oz cooked turkey without skin	20.5	

Section 1—Me	eat/Meat	Alternate	S		
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
TURKEY PARTS	, fresh or fr	ozen (contin	ued)		
Turkey parts, fresh or frozen Turkey Leg Quarters	Pound	8.48	1 oz cooked turkey with skin	11.8	1 lb AP = 0.53 lb cooked turkey with skin
With bone	Pound	5.65	1-1/2 oz cooked turkey with skin	17.7	
	Pound	7.68	1 oz cooked turkey without skin	13.1	1 lb AP = 0.48 lb cooked turkey without skin
	Pound	5.12	1-1/2 oz cooked turkey without skin	19.6	- 1
Turkey parts, fresh or frozen Turkey Necks	Pound	7.68	1 oz cooked turkey	13.1	1 lb AP = 0.48 lb cooked turkey
With bone	Pound	5.12	1-1/2 oz cooked turkey	19.6	
Turkey parts, fresh or frozen Turkey Thighs	Pound	8.64	1 oz cooked turkey with skin	11.6	1 lb AP = 0.54 lb cooked turkey with skin
With bone	Pound	5.76	1-1/2 oz cooked turkey with skin	17.4	1 lb AP = 0.50 lb cooked turkey without skin
	Pound	8.00	1 oz cooked turkey without skin	12.5	-
	Pound	5.33	1-1/2 oz cooked turkey without skin	18.8	
Turkey parts, fresh or frozen Turkey Wings	Pound	5.28	1 oz cooked turkey without skin	19.0	1 lb AP = 0.33 lb cooked turkey without skin
With bone Whole	Pound	3.52	1-1/2 oz cooked turkey without skin	28.5	
TURKEY ROAST	, frozen ⁴⁰				
Turkey Roast, frozen ⁴⁰ Without bone	Pound	10.5	1 oz cooked turkey with skin	9.6	1 lb AP = 0.66 lb cooked turkey with skin
USDA Commodity only	Pound	7.04	1-1/2 oz cooked turkey with skin	14.3	
Philippin I					1550

⁴⁰ Turkey Roast, USDA Commodity, frozen, is based on USDA Specification for Frozen Turkey Roast which contains a minimum of 92.5 percent turkey.

TURKEY BURGERS, frozen Turkey Ground turkey 3 aoz raw weight USDA Commodity only 5.33 One 3-oz raw turkey burger when cooked provides 2.0 oz cooked turkey 3.2 One 3-oz raw turkey burger when cooked provides 2.0 oz cooked turkey 3.2 Turkey Giblets, fresh or frozen Turkey Giblets, fresh or Grozen Turkey Giblets, fresh or frozen Hearts Pound 1.1.2 1.2 cooked turkey 11.0 1.3 Ib AP = 0.57 lb cooked hearts 1.4 Day = 0.57 lb cooked hearts 1.5 Turkey Giblets, fresh or frozen Turkey Giblets, fresh or frozen Turkey Ground, fresh or frozen Turkey, Ground, Fresh or frozen	Section 1—Mo	eat/Meat	Alternate	S		
Turkey, Boneless, fresh or frozen Turkey Burgers, frozen Turkey Burgers, frozen Turkey Burgers, frozen Turkey Burgers, frozen Turkey Burgers, frozen Turkey Burgers, frozen Turkey Burgers, frozen Turkey Burgers, frozen Turkey Burgers, frozen Turkey Burgers, frozen Turkey Burgers, frozen Turkey Burgers, frozen Turkey Burgers, frozen Turkey Burgers, frozen Turkey Burgers, frozen Turkey Burgers, frozen Turkey Burgers, frozen Turkey Burgers, frozen Turkey Burgers, frozen Turkey Giblets, fresh or frozen Turkey Ground Turkey Giblets, fresh or frozen Turkey, Ground, fresh or	▲ Purchased, AP	4 Unit	per Purchase Unit, EP	4 Serving Size per Meal Contribution	for 100	
turkey Burgers, frozen Turkey Giblets, fresh or frozen Turkey Ground, fresh or frozen Turkey, Ground, fresh or frozen Turkey Giblets, fresh or frozen Turkey Ground, fresh or frozen Turkey Ground fresh or frozen Turkey Grou	TURKEY, BONEL	ESS, fresh	or frozen			
TURKEY BURGERS, frozen Turkey Burgers, frozen 1 pound 5.33	fresh or frozen	Pound	11.2	1 oz cooked turkey with skin	9.0	1 lb AP = 0.70 lb cooked turkey with skin
Turkey Burgers, frozen 100% ground turkey 3 oz raw weight USDA Commodity only 6 lb pkg 32.0 Cone 3-oz raw turkey burger when cooked provides 2.0 oz cooked turkey 3.2 TURKEY GIBLETS, fresh or frozen furkey Ground, fresh or froz	oroportions	Pound	7.46		13.5	4.00
when cooked provides 2.0 oz cooked turkey 3 oz raw weight USDA Commodity only 6 lb pkg 32.0 One 3-oz raw turkey burger when cooked provides 2.0 oz cooked turkey 3.2 TURKEY GIBLETS, fresh or frozen Turkey Giblets, fresh or frozen Gizzards Pound 6.08 1-1/2 oz cooked turkey 11.0 1 lb AP = 0.57 lb cooke whole gizzards Pound 6.08 1-1/2 oz cooked turkey 11.0 1 lb AP = 0.57 lb cooke whole gizzards Turkey Giblets, fresh or frozen Hearts Pound 6.08 1-1/2 oz cooked turkey 16.5 Turkey giblets, fresh or frozen Hearts Pound 11.5 1 oz cooked turkey 16.5 Turkey giblets, fresh or frozen Turkey Ground, fresh or frozen Turkey, Ground, fresh or frozen With skin in natural proportions Includes USDA Commodity 10 lb pkg 112.0 1 oz cooked turkey 13.5 1 lb AP = 0.70 lb cooke drained turkey 13.5	TURKEY BURGE	RS, frozen				
USDA Commodity only 6 lb pkg 32.0 One 3-oz raw turkey burger when cooked provides 2.0 oz cooked turkey TURKEY GIBLETS, fresh or frozen Turkey Giblets, fresh or frozen Gizzards Pound 6.08 1-1/2 oz cooked turkey 11.0 1 lb AP = 0.57 lb cooke whole gizzards Found 6.08 1-1/2 oz cooked turkey 11.0 1 lb AP = 0.57 lb cooke whole gizzards 1 oz cooked turkey 11.0 1 lb AP = 0.57 lb cooke hearts Found 6.08 1-1/2 oz cooked turkey 16.5 Turkey giblets, fresh or frozen Turkey giblets, fresh or frozen Turkey, ground, fresh or frozen Turkey, Ground, fresh or frozen With skin in natural proportions (Includes USDA Commodity) Found 7.46 1-1/2 oz cooked turkey 13.5 Toz cooked turkey 13.5	Turkey Burgers, frozen 100% ground turkey	1 pound	5.33	when cooked provides	18.8	
Turkey Giblets, fresh or frozen Gizzards Pound P	USDA Commodity only	6 lb pkg	32.0	when cooked provides	3.2	
Pound 6.08 1-1/2 oz cooked turkey 16.5 Turkey Giblets, fresh or frozen Hearts Pound 6.08 1-1/2 oz cooked turkey 11.0 1 lb AP = 0.57 lb cooke hearts Pound 6.08 1-1/2 oz cooked turkey 16.5 Turkey giblets, fresh or frozen Livers Pound 7.68 1-1/2 oz cooked turkey 13.1 TURKEY, GROUND, fresh or frozen Turkey, Ground, fresh or frozen With skin in natural proportions Includes USDA Commodity Pound 11.0 1 oz cooked turkey 13.5 Toz cooked turkey 13.5	TURKEY GIBLET	S, fresh or	frozen			
Turkey Giblets, fresh or frozen Turkey, Ground, fresh or frozen Turkey, Ground, fresh or frozen With skin in natural proportions Includes USDA Commodity Pound Pound Pound 9.12 1 oz cooked turkey 11.0 1 lb AP = 0.57 lb cooked hearts 1 lb AP = 0.72 lb cooked hearts 1 lb AP = 0.72 lb cooked livers 1 lb AP = 0.70 lb cooked turkey	or frozen	Pound	9.12	1 oz cooked turkey	11.0	1 lb AP = 0.57 lb cooked whole gizzards
Pound 6.08 1-1/2 oz cooked turkey 16.5 Turkey giblets, fresh or frozen Livers Pound 7.68 1-1/2 oz cooked turkey 13.1 TURKEY, GROUND, fresh or frozen Turkey, Ground, fresh or frozen With skin in natural proportions Includes USDA Commodity Pound 6.08 1-1/2 oz cooked turkey 16.5 1 oz cooked turkey 13.1 1 lb AP = 0.72 lb cooked livers 1 oz cooked turkey 13.1 1 lb AP = 0.70 lb cooked drained turkey 13.5 1 lb AP = 0.70 lb cooked turkey 13.5 1 lb AP = 0.70 lb cooked turkey 13.5 1 lb AP = 0.70 lb cooked turkey 13.5 1 lb AP = 0.70 lb cooked turkey 13.5 1 lb AP = 0.70 lb cooked turkey 13.5 1 lb AP = 0.70 lb cooked turkey 13.5 1 lb AP = 0.70 lb cooked turkey 13.5 1 lb AP = 0.70 lb cooked turkey 13.5 1 lb AP = 0.70 lb cooked turkey 13.5 1 lb AP = 0.70 lb cooked turkey 13.5 1 lb AP = 0.70 lb cooked turkey 13.5 1 lb AP = 0.70 lb cooked turkey 13.5	G.121.00	Pound	6.08	1-1/2 oz cooked turkey	16.5	
Pound 6.08 1-1/2 oz cooked turkey 16.5 Turkey giblets, fresh or frozen Livers Pound 7.68 1-1/2 oz cooked turkey 13.1 TURKEY, GROUND, fresh or frozen Turkey, Ground, fresh or frozen With skin in natural proportions Includes USDA Commodity 10 lb pkg 112.0 1 oz cooked turkey 13.5	or frozen	Pound	9.12	1 oz cooked turkey	11.0	1 lb AP = 0.57 lb cooked hearts
Pound 7.68 1-1/2 oz cooked turkey 13.1 TURKEY, GROUND, fresh or frozen Turkey, Ground, fresh or frozen With skin in natural proportions Includes USDA Commodity Pound 7.46 1-1/2 oz cooked turkey 13.5 Ilivers 1 oz cooked turkey 9.0 1 lb AP = 0.70 lb cooked turkey drained turkey 1 oz cooked turkey 13.5 1 oz cooked turkey 0.90		Pound	6.08	1-1/2 oz cooked turkey	16.5	
TURKEY, GROUND, fresh or frozen Turkey, Ground, fresh or frozen Pound Pound 11.2 1 oz cooked turkey 9.0 1 lb AP = 0.70 lb cooked turkey With skin in natural proportions Includes USDA Commodity Pound 7.46 1-1/2 oz cooked turkey 13.1 1 lb AP = 0.70 lb cooked turkey 13.5 1 oz cooked turkey 13.5 1 oz cooked turkey 13.5 1 oz cooked turkey 10.90	or frozen	Pound	11.5	1 oz cooked turkey	8.7	1 lb AP = 0.72 lb cooked livers
Turkey, Ground, fresh or frozen With skin in natural proportions Includes USDA Commodity Pound 11.2 1 oz cooked turkey 1 oz cooked turkey 9.0 1 lb AP = 0.70 lb cooked drained turkey 13.5 1 oz cooked turkey 1 oz cooked turkey 0.90	LIVEIS	Pound	7.68	1-1/2 oz cooked turkey	13.1	
fresh or frozen With skin in natural proportions Includes USDA Commodity Pound	TURKEY, GROU	ND, fresh or	frozen			
proportions Pound 7.46 1-1/2 oz cooked turkey 13.5	fresh or frozen	Pound	11.2	1 oz cooked turkey	9.0	1 lb AP = 0.70 lb cooked, drained turkey
	proportions Includes USDA					
10 ID PKg 74.6 1-1/2 OZ COOKED TURKEY 1.4	Commodity					
		10 lb pkg	/4.6	1-1/2 oz cooked turkey	1.4	

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
TURKEY, COOKE)				
TURKEY, canned					
Turkey, canned Boned Turkey	Pound	14.0	1 oz cooked turkey with skin	7.2	1 lb AP = 0.88 lb cooked turkey with skin
	Pound	9.38	1-1/2 oz cooked turkey with skin	10.7	
Furkey, canned Boned Turkey	Pound	14.8	1 oz cooked turkey with skin	6.8	1 lb AP = 0.93 lb cooked turkey with skin
Solid pack	Pound	9.92	1-1/2 oz cooked turkey with skin	10.1	
Turkey, canned Boned Turkey With Broth	Pound	12.4	1 oz cooked turkey with skin	8.1	1 lb AP = 0.78 lb cooked turkey with skin
with broth	Pound	8.32	1-1/2 oz cooked turkey with skin	12.1	
TURKEY, COOKE	D, frozen				
Turkey, cooked, frozen Diced or pulled Light and dark meat	Pound	16.0	1 oz cooked turkey	6.3	1 lb AP = 1.00 lb (about 2-3/4 cups) cooked turkey
in natural proportions (no skin, wing meat, neck meat, giblets or kidneys)	Pound	10.6	1-1/2 oz cooked turkey	9.5	
TURKEY HAM, F	ully cooked	d, chilled or	frozen ⁴¹		
Turkey Ham, Fully cooked, chilled or frozen ⁴¹	Pound	11.2	1.4 oz serving (1 oz cooked turkey)	9.0	1 lb AP = 0.70 lb cooked turkey
trozen**	Pound	7.46	2.1 oz serving (1-1/2 oz cooked turkey)	13.5	
Turkey Ham, Fully cooked, chilled or frozen	Pound	9.41	1.7 oz serving (1 oz cooked turkey)	10.6	1 lb AP = 0.59 lb cooked turkey
15% added ingredients Includes USDA Commodity		6.27	2.6 oz serving (1-1/2 oz cooked turkey)	15.9	
TURKEY PRODU	JCTS, canno	ed or frozen	42, 43		
Turkey Products Creamed Turkey ^{42, 43}	Pound	2.30	3/4 cup serving (about 1.3 oz cooked turkey)	43.5	1 lb AP = 0.20 lb cooked turkey

Turkey ham is based on USDA, FSIS Standard as published in the Code of Federal Regulations, Title 9, Part 381.171.

⁴² Yield data is based on minimum percent meat as required by FSIS standard of identity regulations found in 9 CFR.

⁴⁸ Purchasers of this product will need to ensure that the name of the food on the product label exactly matches the "As Purchased" description in Column 1.

Section 1—M	eat/Meat	Alternate	S		
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
TURKEY PRODU	JCTS, canno	ed or frozen	42, 43 (continued)		
Turkey Products Turkey A La King ^{42,43}	Pound	2.30	3/4 cup serving (about 1.3 oz cooked turkey)	43.5	1 lb AP = 0.20 lb cooked turkey
Turkey Products Turkey Barbecue, minced ^{42, 43}	Pound	3.50	1/2 cup serving (about 1.8 oz cooked turkey)	28.6	1 lb AP = 0.40 lb cooked turkey
Turkey Products Turkey Chili ^{42, 43}	Pound	2.30	3/4 cup serving (about 1.9 oz cooked turkey)	43.5	1 lb AP = 0.28 lb cooked turkey
Turkey Products Turkey Chili with Beans ^{42, 43}	Pound	2.62	2/3 cup serving (about 1.0 oz cooked turkey)	38.2	1 lb AP = 0.17 lb cooked turkey
Turkey Products Turkey Hash ^{42, 43}	Pound	2.60	2/3 cup serving (about 1.8 oz cooked turkey)	38.5	1 lb AP = 0.30 lb cooked turkey
Turkey Products Turkey Salad ^{42,43}	Pound	3.46	1/2 cup serving (about 1.1 oz cooked turkey)	29.0	1 lb AP = 0.25 lb cooked turkey
Turkey Products	Pound	5.30	1/3 cup serving (about	18.9	1 lb AP = 0.35 lb cooked

TURTLE BEANS [see BEANS, BLACK (TURTLE)]

Pound

1.70

VEAL, FRESH OR FROZEN

Turkey with Gravy^{42, 43}

Turkey with Noodles

or Dumplings^{42, 43}

Turkey Products

VEAL, CUTLETS	, fresh or fr	ozen			
Veal, Cutlets, fresh or frozen Cutlets from leg	Pound	8.64	1 oz cooked lean meat	11.6	1 lb AP = 0.54 lb cooked lean meat
Without bone	Pound	5.76	1-1/2 oz cooked lean meat	17.4	
VEAL, GROUND,	fresh or fro	ozen			
Veal, Ground, fresh or frozen	Pound	12.6	1 oz cooked lean meat	8.0	1 lb AP = 0.79 lb cooked lean meat
No more than 16% fat	Pound	8.42	1-1/2 oz cooked lean meat	11.9	

1.0 oz cooked turkey)

1 cup serving (about

1.4 oz cooked turkey)

turkey

turkey

1 lb AP = 0.15 lb cooked

58.9

⁴²Yield data is based on minimum percent meat as required by FSIS standard of identity regulations found in 9 CFR.

⁴³ Purchasers of this product will need to ensure that the name of the food on the product label exactly matches the "As Purchased" description in Column 1.

Section 1—Me	eat/Meat	Alternates	S		
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
VEAL, HEART, fr	esh or froze	n			
Veal, Heart, fresh or frozen Trimmed	Pound	9.44	1 oz cooked lean meat	10.6	1 lb AP = 0.59 lb cooked heart
, minicu	Pound	6.29	1-1/2 oz cooked lean meat	15.9	
VEAL, LIVER, fre	sh or froze	n			
Veal, Liver, fresh or frozen Trimmed	Pound	10.8	1 oz cooked lean meat	9.3	1 lb AP = 0.68 lb cooked liver
	Pound	7.25	1-1/2 oz cooked lean meat	13.8	
VEAL, ROAST, fr	esh or froze	en			
Veal, Roast, fresh or frozen Chuck roast	Pound	9.44	1 oz cooked lean meat	10.6	1 lb AP = 0.59 lb cooked lean meat
Without bone	Pound	6.29	1-1/2 oz cooked lean meat	15.9	
Veal, Roast, fresh or frozen Leg roast	Pound	9.76	1 oz cooked lean meat	10.3	1 lb AP = 0.61 lb cooked lean meat
Without bone	Pound	6.50	1-1/2 oz cooked lean meat	15.4	
VEAL, STEAK, fr	esh or froze	en			
Veal, Steak, fresh or frozen Flaked and formed 4 oz raw weight (Like IMPS #1338)	Pound	4.00	One 4.0 oz raw steak when cooked provides 2.7 oz cooked lean meat	25.0	1 lb AP = 0.69 lb cooked lean meat
	Pound	11.0	1 oz cooked meat	9.1	
	Pound	7.36	1-1/2 oz cooked meat	13.6	
VEAL, STEW ME	EAT, fresh o	r frozen			
Veal, Stew Meat, fresh or frozen Without bone	Pound	10.4	1 oz cooked lean meat	9.7	1 lb AP = 0.65 lb cooked lean meat
	Pound	6.93	1-1/2 oz cooked lean meat	14.5	

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
YOGURT ⁴⁴					
Yogurt, fresh ⁴⁴ Plain or Flavored Sweetened or	32 oz container	8.00	1/2 cup or 4 oz yogurt (1 oz meat alternate)	12.5	
Unsweetened – Commercially- prepared	32 oz container	5.33	3/4 cup or 6 oz yogurt (1-1/2 oz meat alternate)	18.8	
	32 oz container	4.00	1 cup or 8 oz yogurt (2 oz meat alternate)	25.0	
	4 oz container	1.00	One 4 oz container yogurt (1 oz meat alternate)	100.0	
	6 oz container	1.00	One 6 oz container yogurt (1-1/2 oz meat alternate)	100.0	
	8 oz container	1.00	One 8 oz container yogurt (2 oz meat alternate)	100.0	

⁴⁴ Creditable yogurt is defined in the Child Nutrition regulations under 7 CFR Parts 210.2, 220.2(bb), 226.2, and 225.2.

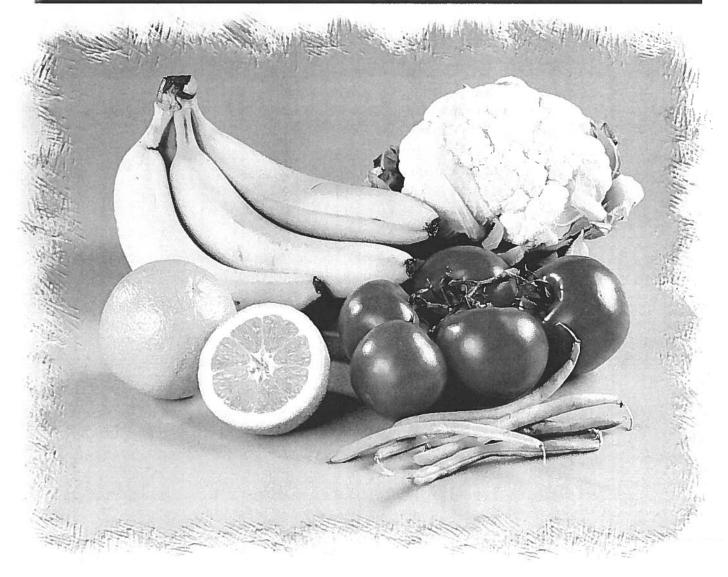


Section

Food Buying Guide for Child Nutrition Programs

2

Vegetables/ Fruits



- 2-1 Requirements
- 2-2 Crediting of Fruits and Vegetables
- 2-3 Crediting of Vegetable and Fruit Concentrates
- 2-4 Factors Affecting Yields
- 2-4 Definitions
- 2-4 Products That Do Not Meet Requirements
- 2-5 Information Included in this Section
- 2-5 Explanation of the Columns
- 2-7 Yield Data Table for Vegetables/Fruits



Food Buying Guide for Child Nutrition Programs

Vegetables/ **Fruits**

Requirements

Regulations for the Child Nutrition Programs require that each reimbursable breakfast, lunch, or supper served contain vegetables and/or fruits. Vegetables and fruits may also be served as part of reimbursable snacks for the National School Lunch, Child and Adult Care Food, or Summer Food Service Programs. The food pattern requirements are described in the Meal Pattern Charts on pages I-7 through I-27.



Specific requirements:

Two or more servings of different vegetables and/or fruits must be served to meet the vegetable/fruit requirement at lunch and/or supper.

You may not count any single fruit or vegetable toward the recommended serving size unless it provides at least 1/8 cup. The importance of adequate and recognizable amounts of fruits and vegetables must be considered in menu planning in order to ensure a well-balanced meal and to illustrate healthy choices from MyPyramid.

Any liquid or frozen product labeled "juice," "full-strength juice," "singlestrength juice," or "reconstituted juice" is considered full-strength juice. To be used in meeting a part of the vegetable/fruit requirement for lunches and snacks, the product must contain a minimum of 50 percent full-strength juice. Only the amount of full strength juice contained in a juice drink product is creditable.

Only 100-percent full-strength juice may be used in a breakfast. This means that 50% juice drink products may not be served as part of a reimbursable breakfast meal.

For lunch or supper you may meet no more than 1/2 of the total requirement with full-strength vegetable or fruit juice. Full-strength juice may be used to meet the total requirement for breakfast or as one component of a snack.

You may not serve juice if you serve milk as the only other component of a snack.

You may count a serving of cooked dry beans or peas as a vegetable or as a meat alternate, but not as both components in the same meal.

- Menu items that are mixtures, for example fruit cocktail and mixed vegetables, only count as one vegetable/fruit serving.
- Large combination vegetable/fruit salads, served as an entrée containing at least 3/4 cup or more of two or more different vegetables/ fruits in combination with a meat/meat alternate, such as a chef's salad or a fruit plate with cottage cheese, are considered as two or more servings of the vegetable/fruit component and will meet the full requirement. If only two



vegetables/fruits are included in the salad, the second vegetable/fruit must contain a minimum of 1/8 cup.

To help meet nutritional standards and/or goals, and respond to dietary guidelines, USDA recommends that:

- meals include a vitamin A-rich vegetable or fruit at least two to three times a week;
- meals include a vitamin C-rich vegetable or fruit three to four times a week, and breakfasts include them frequently;
- meals include a variety of vegetables and fruits; and
- meals include foods that are good sources of fiber, such as fresh fruits and vegetables and whole grain products.

For further information refer to the appropriate program planning guide: Menu Planner for Healthy School Meals (FNS-303); Building Blocks for Fun and Healthy Meals - A Menu Planner for the CACFP (FNS-305); or the Sponsor Meal Preparation Handbook for the Summer Food Service Program (FNS-207).

Crediting of Fruits and Vegetables

A serving of cooked vegetable is considered to be *drained*. If it is a canned, heated vegetable, use the listing in Column 4 that reads "1/4 cup heated, drained vegetable." If it is served unheated, the appropriate listing is "1/4 cup drained vegetable."

A serving of raw vegetable used in salads with dressing is shown as "1/4 cup raw vegetable (pieces, shredded, chopped) with dressing."

A serving of canned fruit (as described in Column 4) may include the juice or syrup in which the fruit is packed. Serving information is also provided for drained fruit.

- A serving of fruit consists of fruit and juice or syrup even where it is only described as "cooked."
- A serving of thawed frozen fruit consists of fruit plus the juice or syrup that accumulated during thawing.

Crediting of Vegetable and Fruit **Concentrates**

Vegetable and fruit concentrates are allowed to be credited on an "as if single-strength reconstituted basis" rather than on the actual volume as served. See the examples that follow:

How to Use Information on Concentrates:

Method 1 – Multiply the number of pounds of concentrate used by the creditable 1/4-cup servings per pound of concentrate.

Example: A recipe calls for 4 lb 12 oz (4.75 lb) of tomato paste. Each pound of tomato paste provides 27.6 creditable servings of vegetable. Thus, 4.75 x 27.6 = 131.1 servings. Therefore, the tomato paste in the recipe provides 131.1 creditable 1/4-cup servings of vegetable.

Method 2 – Multiply the number of No. 10 cans of concentrate in the recipe by the number of creditable 1/4-cup servings provided by one No. 10 can of the concentrate.

Example: Two No. 10 cans of tomato puree are used in a recipe. One No. 10 can of tomato puree provides 96 creditable 1/4-cup servings of vegetable. Thus, 2 x 96 = 192. Therefore, 192 creditable 1/4-cup servings would be provided by the two No. 10 cans of tomato puree.

Yield figures for vegetables and fruits are for on-site preparation. They do **not** allow for losses that may occur in prepared products (both preportioned and bulk) during freezing, storage, heating, and serving. Other factors may affect yields: quality and condition of the food, storage conditions, handling procedures, equipment used in preparation, cooking and holding times, serving utensils, and portion control.

Factors Affecting Yields

Yields of vegetables and fruits vary according to the form of food used. For example:

- Frozen vegetables usually yield more servings per pound than fresh vegetables since the frozen ones are cleaned, blanched, and ready to cook.
- Dehydrated vegetables and fruits yield more servings per pound than fresh, frozen, or canned because they gain weight and volume as they absorb water during soaking and cooking. Some dehydrated products, particularly fruits, continue to expand while cooling.
- The weight of canned vegetables and fruits varies due to different densities of the food. A No. 10 can yields an average of 12 to 13-2/3 cups, from 96 oz (6 lb) to 117 oz (7 lb 5 oz).

Definitions

- **Count** The number of whole fruits or vegetables contained or packed in a specific container. The higher the count, the smaller the size of each fruit or vegetable.
- Pared When the outer covering (skin or peel) of a fruit or vegetable has been removed.

Tempered – Frozen fruit or vegetable brought to room temperature; thawed but not heated.

Size – The number of pieces of whole fruits or vegetables in 10 pounds of product.

Unpared – When the outer covering (skin or peel) of a fruit or vegetable has not been removed.

Products That Do Not Meet Requirements

The following products **do not qualify** as vegetable or fruit and may **not** be credited toward meeting the vegetable/fruit requirement in any meal served under the Child Nutrition Programs:

snack-type foods made from vegetables or fruits, such as potato chips, banana chips, or popcorn;

pickle relish, jam, or jelly;

tomato catsup and chili sauce;

home canned products (for food safety reasons); or

dehydrated vegetables used for seasoning.

Information Included in this Section

Over 700 entries for vegetables and fruits—fresh, canned, frozen, and dehydrated—are listed alphabetically. Data for canned and frozen juices and canned soups are also provided in this section.

Vegetable and fruit information includes:

- yield information on common institutional packs, smaller packs, and 1-pound units of many fresh, canned, and frozen vegetables and fruits;
- whenever available, data on unsweetened canned and frozen fruits or those packed in juice, light syrup, or water;
- net weight of contents of the can (including liquid) under the can size in Column 2, except where noted;
- minimum weight and volume of drained vegetables or fruits in Column 6; yields in terms of 1/4-cup servings, unless noted;
- contribution to the meal patterns;
- yield information on juice concentrates, tomato paste, and tomato puree as if reconstituted to full strength;
- yield information on canned soups that contain at least 1/4 cup of vegetable per cup of soup; and
- yield information for all vegetables/fruits based on *volume*, not weight. This includes dry or dehydrated fruits and vegetables.

Explanation of the Columns

The data on vegetables and fruits in the following table include yield information on common types and customary serving sizes of products that you can buy on the market as well as some USDA Commodity products.

- Column 1 Food As Purchased, AP: The individual foods are arranged in alphabetical order.
- Column 2 Purchase Unit: The purchase unit is specified, such as, 1 can (generally No. 10, No. 2-1/2, or No. 300), 1 pound, or 1 package. You can use data for one purchase unit to determine how much you need for any number of servings.
- Column 3 Servings per Purchase Unit EP (Edible Portion): This column shows the number of servings of a given size (found in Column 4) from each purchase unit (found in Column 2). Numbers in this column are sometimes rounded *down* in order to help ensure enough food for the number of servings.

- Column 4 Serving Size per Meal Contribution: The size of a serving is given as a measure and/or weight or number of pieces. In most cases the serving size and contribution to the meal pattern are the same.

 When they differ, the contribution is shown in parentheses under the serving size.
- Column 5 **Purchase Units for 100 Servings:** This column shows the number of purchase units (found in Column 2) you need for 100 servings. Numbers in this column are generally rounded *up* in order to ensure enough food is purchased for the number of servings.
- Column 6 Additional Information: This column gives other information to help you calculate the amount of food you need to prepare meals.

Food Buying Guide for Child Nutrition Programs Section 2

Vegetables/Fruits

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
APPLES					
Apples, fresh 125-138 count Whole	Pound	14.8	1/4 cup raw, unpeeled fruit (about 1/4 apple)	6.8	1 lb AP = 0.91 lb (3-2/3 cups) ready-to- cook or -serve raw, cored, unpeeled apple
	Pound	3.00	1 baked apple (about 1/2 cup cooked fruit)	33.4	
	Pound	11.4	1/4 cup raw, cored, peeled fruit	8.8	1 lb AP = 0.78 lb (about 2-3/4 cups) ready-to-cook or -serve raw, cored, peeled apple
	Pound	6.80	1/4 cup cored, peeled, cooked, unsweetened fruit	14.8	1 lb AP = 0.78 lb (about 1-3/4 cups) cored, peeled, cooked apple
	Pound	5.80	1/4 cup cooked, sieved unsweetened fruit	17.3	
Apples, fresh 100 count Whole	Pound	15.6	1/4 cup raw, unpeeled fruit (about 1/5 apple)	6.5	1 lb AP = 0.93 lb (about 3-7/8 cups) ready-to-cook or -serve raw, cored, unpeeled apple
Apples, canned Slices Solid pack Includes USDA	No. 10 can (100 oz)	50.4	1/4 cup fruit and juice	2.0	1 No. 10 can = about 89.0 oz (11-7/8 cups) drained apple
Commodity	Pound	8.06	1/4 cup fruit and juice	12.5	
Apples, frozen Sliced, IQF Includes USDA	Pound	12.7	1/4 cup tempered fruit	7.9	1 lb AP = 0.99 lb (about 3-1/8 cups) tempered ready to-cook or serve apples
Commodity	Pound	8.80	1/4 cup heated fruit	11.4	
Apples, dehydrated Slices or Rings Regular moisture	Pound	21.1	1/4 cup dehydrated fruit	4.8	1 lb AP = about 5-1/4 cups dehydrated apple
Regular moisture	Pound	28.7	1/4 cup cooked fruit	3.5	-

Section 2—Ve	Section 2—Vegetables/Fruits								
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information				
APPLESAUCE									
Applesauce, canned Smooth or Chunky Includes USDA	No. 10 can (108 oz)	47.6	1/4 cup fruit	2.2	1 No. 10 can = about 12 cups applesauce				
Commodity	No. 2-1/2 can (29 oz)	12.8	1/4 cup fruit	7.9	1 No. 2-1/2 can = about 3-1/8 cups applesauce				
	23 oz jar	10.1	1/4 cup fruit	10.0					
APRICOTS									
Apricots, fresh Medium (approx. 1-3/8 inch	Pound	11.9	1/4 cup fruit (about 1 whole, medium, raw apricot)	8.5	1 lb AP = 0.93 lb ready-to-serve raw apricots				
diameter) Whole	Pound	10.8	1/4 cup raw, seeded and unpeeled fruit halves	9.3					
Apricots, canned Diced Includes USDA Commodity	1 No. 10 can (108 oz)	48.0	1/4 cup fruit and juice	2.1	1 No. 10 can = about 12 cups fruit and juice				
Apricots, canned Halves Unpeeled	No. 10 can (106 oz)	48.0	1/4 cup fruit and juice	2.1	1 No. 10 can = about 62.0 oz (7-1/3 cups) drained apricots				
	No. 2-1/2 can (29 oz)	13.2	1/4 cup fruit and juice	7.6	1 No. 2-1/2 can = about 16.0 oz (1-7/8 cups) drained apricots				
	No. 300 can (15-1/4 oz)	6.54	1/4 cup fruit and juice	15.3					
	No.300 can (15-1/4 oz)	6.08	1/4 cup heated, drained fruit	16.5					
Apricots, canned Slices Peeled	No. 10 can (106 oz)	45.7	1/4 cup fruit and juice	2.2	1 No. 10 can = about 62.0 oz (7-2/3 cups) drained apricots				
	No. 2-1/2 can (29 oz)	12.5	1/4 cup fruit and juice	8.0	1 No. 2-1/2 can = about 17.2 oz (2 cups) drained apricots				
	Pound	6.90	1/4 cup fruit and juice	14.5	1 lb AP = about 8.9 oz (1-1/8 cups) drained apricots				

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
APRICOTS (con	tinued)				
Apricots, canned Whole With pits Peeled	No. 10 can (106 oz)	44.2	1/4 cup pitted fruit and juice	2.3	1 No. 10 can = about 52.0 oz (7-1/4 cups) drained, pitted apricots
	No. 2-1/2 can (29 oz)	12.1	1/4 cup pitted fruit and juice	8.3	1 No. 2-1/2 can = about 12.4 oz (1-3/4 cups) drained, pitted apricots
	Pound	6.67	1/4 cup pitted fruit and juice	15.0	1 lb AP = about 6.9 oz (1 cup) drained, pitted apricots
Apricots, canned Whole With pits Unpeeled	No. 10 can (106 oz)	43.6	1/4 cup pitted fruit and juice	2.3	1 No. 10 can = about 53.0 oz (6-1/3 cups) drained, pitted apricots
опреелеа	No. 2 can (29 oz)	11.9	1/4 cup pitted fruit and juice	8.5	1 No. 2-1/2 can = about 12.8 oz (1-3/4 cups) drained pitted apricots
	Pound	6.58	1/4 cup pitted fruit and juice	15.2	1 lb AP = about 7.0 oz (7/8 cup) drained, pitted apricots
Apricots, frozen Halves Unpeeled	Pound	6.70	1/4 cup cooked fruit and juice	15.0	1 lb AP = 1-2/3 cups cooked fruit
Unpecieu	Pound	7.25	1/4 cup thawed fruit and juice	13.8	1 lb AP = 1-3/4 cups thawed fruit and juice
	Pound	4.90	1/4 cup thawed, drained fruit	20.5	1 lb AP = 1-1/8 cups thawed, drained fruit
Apricots, frozen Sliced Unpeeled Includes USDA	Pound	7.26	1/4 cup thawed fruit and juice	13.8	1 lb AP = 0.98 lb (about 1-3/4 cups) ready-to-serve, thawed, apricots with juice
Commodity	Pound	4.91	1/4 cup thawed, drained fruit	20.4	1 lb AP = 0.63 lb (about 1-1/8 cups) ready-to-serve, thawed, drained apricots
	20 lb bag	142.6	1/4 cup thawed fruit and juice	0.71	20 lb Bag = about 35-2/3 cups thawed apricots and juice
	20 lb bag	96.4	1/4 cup thawed, drained fruit	1.1	20 lb Bag = about 24-1/8 cups thawed, drained apricots

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
APRICOTS (con	tinued)				
Apricots, dehydrated <i>Halves Regular moisture</i>	Pound	11.3	9 medium dehydrated halves (1/4 cup fruit)	8.9	1 lb dry = about 2-7/8 cups or 100 apricot halves
	Pound	23.4	1/4 cup cooked fruit	4.3	
ARTICHOKES					
Artichokes, fresh 36 count (large) Untrimmed Whole	Pound	1.49	1/4 cup cooked, drained vegetable from leaves	67.2	1 lb AP = 0.23 lb (about 1/3 cup) cooked, drained artichoke
wnoie	Pound	1.38	1/4 cup cooked, drained vegetable (bottoms only)	72.5	1 lb AP= about 1/3 cup cooked artichoke from bottoms only
	Pound	2.84	1/4 cup cooked, drained vegetable (bottoms & leaves)	35.3	1 lb AP = about 2/3 cup cooked, drained artichoke bottoms and leaves
Artichokes, canned Bottoms	No. 300 can (14 oz)	5.97	1/4 cup drained vegetable	16.8	1 No. 300 can = about 7.7 oz (1-3/8 cups) drained, unheated artichoke
Artichokes, canned Hearts	No. 300 can (14 oz)	4.67	1/4 cup drained vegetable	21.5	1 No. 300 can = about 8.0 oz (1-1/8 cups) drained, unheated artichoke
Artichokes, frozen Hearts	Pound	10.0	1/4 cup cooked, drained vegetable	10.0	1 lb AP = 0.99 lb (about 2-1/2 cups) cooked, drained artichoke
ASPARAGUS					
Asparagus, fresh Whole	Pound	4.80	1/4 cup cooked vegetable	20.9	1 lb AP = 0.53 lb ready-to- cook trimmed, raw asparagus
	Pound	4.80	1/4 cup cooked cuts and tips (1/4 cup vegetable)	20.9	1 lb AP = 0.50 lb cooked asparagus

Section 2—Vegetables/Fruits									
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information				
ASPARAGUS (co	ontinued)								
Asparagus, canned Cuts and Tips	No. 10 can (103 oz)	27.8	1/4 cup heated, drained vegetable	3.6	1 No. 10 can = about 57.3 oz (6-7/8 cups) heated, drained asparagus				
	No. 10 can (103 oz)	32.4	1/4 cup drained vegetable	3.1	1 No. 10 can = about 57.1 oz (8 cups) drained, unheated asparagus				
	No. 300 can (14-1/2 oz)	3.45	1/4 cup heated, drained vegetable	29.0	1 No. 300 can = about 6.8 oz (3/4 cup) heated, drained asparagus				
	No. 300 can (14-1/2 oz)	4.83	1/4 cup drained vegetable	20.8	1 No. 300 can = about 8.7 oz (1-1/8 cups) drained, unheated asparagus				
	Pound	4.31	1/4 cup heated, drained vegetable	23.3					
	Pound	5.03	1/4 cup drained vegetable	19.9					
Asparagus, canned Spears	No. 5 squat can (64 oz)	26.4	1/4 cup drained vegetable	3.8	1 No. 5 can = about 38.0 oz (6-2/3 cups) drained, unheated asparagus				
	No. 300 can (15 oz)	3.87	1/4 cup heated, drained vegetable	25.9	1 No. 300 can = about 7.3 oz (7/8 cup) heated, drained asparagus				
	No. 300 can (15 oz)	4.59	1/4 cup drained vegetable	21.8	1 No. 300 can = about 8.5 oz (1-1/8 cups) drained, unheated asparagus				
	Pound	6.60	1/4 cup drained vegetable	15.2					
Asparagus, frozen Cuts and Tips	Pound	8.10	1/4 cup cooked vegetable	12.4					
Asparagus, frozen Spears	Pound	10.7	1/4 cup cooked vegetable	9.4					
AVOCADOS									
Avocados, fresh All sizes Whole	Pound	8.20	1/4 cup raw, diced vegetable	12.2	1 lb AP = 0.67 lb ready-to- serve raw avocado				
	Pound	5.10	1/4 cup raw, mashed vegetable	19.7					

Section 2—Ve		1 -			
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
AVOCADOS (cor	itinued)				
Avocados, fresh California 48 count (approx. 2.5-inch width by 3.5-inch length) Whole	Pound	5.52	1/4 cup peeled, sliced, raw vegetable (about 3 slices) (3/8-inch by 3.5-inch slices)	18.2	1 lb AP = 0.69 lb ready-to- serve, raw, peeled avocado [about 2-2/3 portions (1/4 cup each portion) per avocado]
Avocados, fresh Florida (approx. 3.5-inch width by 4.75-inch length) Whole	Pound	7.07	1/4 cup peeled, sliced, raw vegetable (about 2 slices) (1/2-inch by 4.5-inch slices)	14.2	1 lb AP = 0.59 lb ready-to- serve, raw, peeled, sliced [about 7-1/2 portions (1/4 cup each portion) per avocado]
BAMBOO SHOO	TS			THE BALL OF	
Bamboo Shoots, canned Sliced	No. 10 can (104 oz)	47.4	1/4 cup drained vegetable	2.2	1 No. 10 can = about 72.7 oz (11-3/4 cups) drained, unheated bamboo shoots
BANANAS ¹					
Bananas, fresh 150 count Petite	Pound	3.60	1 banana (about 3/8 cup fruit)	27.8	
Whole	Pound	6.51	1/4 cup sliced fruit	15.4	1 lb AP = 0.64 lb (about 1-5/8 cups) ready-to-serve banana slices
Bananas, fresh 100-120 count Regular Whole	Pound	7.07	1/4 cup raw 1/2-inch sliced fruit	14.2	1 lb AP = 0.64 lb (about 1-3/4 cups) peeled 1/2-inch slices of banana
wnoie	Pound	5.39	1/4 cup raw fruit, unpeeled (about 1/2 banana)	18.6	
	Pound	5.20	1/4 cup mashed fruit	19.3	
Bananas, canned Mashed	No. 10 can (116 oz)	50.9	1/4 cup fruit	2.0	
	Pound	7.00	1/4 cup fruit	14.3	
Bananas, dehydrated¹ Slices	Pound	19.6	1/4 cup dehydrated fruit slices	5.2	1 lb AP = 1 lb (about 4-7/8 cups) ready-to-serve dehydrated banana

Note: Fried banana chips are not creditable towards meal pattern requirements.

Section 2—Ve	getables/	FruitS			
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEANS, BLACK	(TURTLE B	EANS)			
Beans, Black (Turtle beans), dry, canned Whole Includes USDA	No. 10 can (110 oz)	27.8	1/4 cup heated, drained vegetable	3.6	1 No. 10 can = about 62.0 oz (6-7/8 cups) heated, drained beans
Commodity	No. 300 can (15-1/2 oz)	5.91	1/4 cup heated, drained vegetable	17.0	1 No. 300 can = about 10.5 oz (1-3/8 cups) heated, drained beans
Beans, Black (Turtle beans), dry Whole	Pound	18.3	1/4 cup cooked vegetable	5.5	1 lb dry = 2-1/4 cups dry beans
BEANS, BLACK-	EYED (or P	EAS)			
Beans, Black-eyed (or Peas), fresh Shelled	Pound	10.3	1/4 cup cooked, drained vegetable	9.8	1 lb in pod = 0.51 lb ready- to-cook beans
Beans, Black-eyed (or Peas), dry, canned Whole	No. 10 can (108 oz)	37.7	1/4 cup heated, drained vegetable	2.7	1 No. 10 can = about 65.0 oz (9-3/8 cups) heated, drained beans
Includes USDA Commodity	No. 300 can (15 oz)	4.91	1/4 cup heated, drained vegetable	20.4	
Beans, Black-eyed (or Peas), frozen Whole	Pound	11.2	1/4 cup cooked, drained vegetable	9.0	
Beans, Black-eyed (or Peas), dry Whole	Pound	28.3	1/4 cup cooked vegetable	3.6	1 lb dry = about 2-3/4 cups dry beans
Includes USDA Commodity			5 0 0 1 T		
BEANS, GARBA	NZO or CHI	CKPEAS			
Beans, Garbanzo or Chickpeas, dry, canned Whole	No. 10 can (105 oz)	42.0	1/4 cup drained vegetable	2.4	1 No. 10 can = about 68.4 oz (10-1/2 cups) unheated, drained beans
Includes USDA Commodity	No. 300 can (15 oz)	6.70	1/4 cup drained vegetable	15.0	1 No. 300 can = about 9.6 oz (1-2/3 cups) unheated, drained beans
	Pound	6.31	1/4 cup drained vegetable	15.9	

1 Food As Purchased, AP	2 Purchase Unit	per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEANS, GARBA	NZO OR CH	IICKPEAS (d	continued)		
Beans, Garbanzo or Chickpeas, dry Whole	Pound	24.6	1/4 cup cooked vegetable	4.1	1 lb dry = about 2-1/2 cups dry beans
BEANS, GREAT	NORTHERN				
Beans, Great Northern, dry, canned Whole	No. 10 can (110 oz)	32.4	1/4 cup heated, drained vegetable	3.1	1 No. 10 can = about 68.5 oz (about 8-1/8 cups) heated, drained beans
Includes USDA Commodity	No. 300 can (14 oz)	4.37	1/4 cup heated, drained vegetable	22.9	
Beans, Great Northern, dry Whole Includes USDA Commodity	Pound	25.5	1/4 cup cooked vegetable	4.0	1 lb dry = about 2-1/2 cups dry beans
BEANS, GREEN					
Beans, Green, fresh Trimmed Whole	Pound	22.0	1/4 cup whole, raw vegetable	4.6	1 lb AP = 1 lb (about 5-3/8 cups) ready-to-cook
Ready-to-use	Pound	12.4	1/4 cup whole, cooked, drained vegetable	8.1	1 lb AP = 0.86 lb (about 3 cups) cooked, drained beans
	Pound	16.4	1/4 cup cut, raw vegetable	6.1	1 lb AP = 1 lb (about 4 cups) ready-to-cook beans
	Pound	11.2	1/4 cup cut, cooked, drained vegetable	9.0	1 lb AP = 0.89 lb (about 2-3/4 cups) cooked, drained, cut beans
Beans, Green, fresh Untrimmed Whole	Pound	11.1	1/4 cup whole, cooked vegetable	9.1	1 lb AP = 0.88 lb ready-to- cook beans

Section 2—Ve	egetables/	Fruits			
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEANS, GREEN	(continued)			
Beans, Green, canned Cut	No. 10 can (101 oz)	45.3	1/4 cup heated, drained vegetable	2.3	
Includes USDA Commodity	No. 10 can (101 oz)	51.1	1/4 cup drained vegetable	2.0	1 No. 10 can = about 60.0 oz (12-7/8 cups) drained, unheated beans
	No. 2-1/2 can (28 oz)	12.5	1/4 cup heated, drained vegetable	8.0	
	No. 2-1/2 can (28 oz)	14.1	1/4 cup drained vegetable	7.1	1 No. 2-1/2 can = about 16.0 oz (3-1/2 cups) drained, unheated beans
	No. 300 can (15 oz)	5.00	1/4 cup heated, drained vegetable	20.0	1 No. 300 can = about 7.4 oz (1-1/4 cups) heated, drained beans
	No. 300 can (15 oz)	5.77	1/4 cup drained vegetable	17.4	1 No. 300 can = about 7.7 oz (1-3/8) cups drained unheated beans
	Pound	7.17	1/4 cup heated, drained vegetable	14.0	
	Pound	8.10	1/4 cup drained vegetable	12.4	
Beans, Green, canned French style Includes USDA	No. 10 can (101 oz)	36.5	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 59.0 oz (12 cups) drained, unheated beans
Commodity	No. 2-1/2 can (28 oz)	10.1	1/4 cup heated, drained vegetable	10.0	1 No. 2-1/2 can = about 16.2 oz (3-1/4 cups) heated, drained beans
	No. 300 can (14-1/2 oz)	3.60	1/4 cup heated, drained vegetable	27.8	1 No. 300 can = about 5.7 oz (7/8 cup) heated, drained beans
	No. 300 can (14-1/2 oz)	4.50	1/4 cup drained vegetable	22.3	1 No. 300 can = about 10.1 oz (1-1/8 cup) drained, unheated beans
	Pound	5.80	1/4 cup heated, drained vegetable	17.3	

Section 2—Vegetables/Fruits								
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information			
BEANS, GREEN	(continued				位于198 年第二次			
Beans, Green, canned Whole Includes USDA	No. 10 can (101 oz)	39.5	1/4 cup heated, drained vegetable	2.6	1 No. 10 can = about 58.0 oz (13 cups) drained, unheated beans			
Commodity	No. 10 can (101 oz)	52.2	1/4 cup drained vegetable	2.0				
	No. 2-1/2 can (28 oz)	14.4	1/4 cup heated, drained vegetable	7.0	1 No. 2-1/2 can = about 16.0 oz (3-5/8 cups) drained, unheated beans			
	No. 300 can (14-1/2 oz)	4.58	1/4 cup heated, drained vegetable	21.9	1 No. 300 can = about 7.3 oz (1-1/8 cups) heated, drained beans			
	No. 300 can (14-1/2 oz)	6.95	1/4 cup drained vegetable	14.4	1 No. 300 can = about 7.6 oz (1-5/8 cups) drained, unheated beans			
	Pound	8.20	1/4 cup drained vegetable	12.2				
Beans, Green, frozen Cut Includes USDA Commodity	Pound	11.6	1/4 cup cooked, drained vegetable	8.7				
Beans, Green, frozen French style Includes USDA Commodity	Pound	12.0	1/4 cup cooked, drained vegetable	8.4				
Beans, Green, frozen Whole Includes USDA Commodity	Pound	10.7	1/4 cup cooked, drained vegetable	9.4	1 lb AP = 0.88 lb (about 2-5/8 cups) cooked, drained vegetable			
BEANS, GREEN,	FLAT ITALI	AN	以					
Beans, Green, Flat Italian, canned Whole	No. 10 can (103 oz)	35.1	1/4 cup heated, drained vegetable	2.9	1 No. 10 can = about 56.6 oz (8-3/4 cups) heated, drained beans			
	No. 10 can (103 oz)	42.7	1/4 cup drained vegetable	2.4	1 No. 10 can = about 63.3 oz (10-5/8 cups) drained, unheated beans			
	L		1					

Section 2—Ve	getables/	Fruits			
1 Food As Purchased, AP	2 Purchase Unit	per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEANS, GREEN	FLAT ITALI	AN (continu	ed)		是 特 不
Beans, Green, Flat Italian, frozen Whole	Pound	9.30	1/4 cup cooked, drained vegetable	10.8	1 lb AP = 0.91 lb (about 2-1/4 cups) cooked, drained beans
BEANS, KIDNEY					
Beans, Kidney, dry, canned Whole Includes USDA	No. 10 can (108 oz)	38.9	1/4 cup heated, drained vegetable	2.6	1 No. 10 can = about 65.0 oz (9-5/8 cups) heated, drained beans
Commodity	No. 10 can (108 oz)	43.4	1/4 cup drained vegetable	2.4	1 No. 10 can = about 71.0 oz (10-3/4 cups) drained, unheated beans
	No. 2-1/2 can (30 oz)	11.6	1/4 cup heated, drained vegetable	8.7	25
	No. 2-1/2 can (30 oz)	12.6	1/4 cup drained vegetable	8.0	
	No. 300 can (15-1/2 oz)	5.61	1/4 cup heated, drained vegetable	17.9	1 No. 300 can = about 9.5 oz (1-3/8 cups) heated, drained beans
	No 300 can (15-1/2 oz)	5.88	1/4 cup drained vegetable	17.1	1 No. 300 can = about 10.0 oz (1-3/8 cups) drained, unheated beans
Beans, Kidney, dry Whole Includes USDA Commodity	Pound	24.8	1/4 cup cooked vegetable	4.1	1 lb dry = about 2-1/2 cups dry beans
BEANS, LIMA					The second
Beans, Lima, fresh Shelled Whole	Pound	10.8	1/4 cup cooked, drained vegetable	9.3	1 lb in pod = 0.44 lb ready- to-cook beans
Beans, Lima, dry, canned Green Whole	No. 10 can (105 oz)	42.4	1/4 cup heated, drained vegetable	2.4	1 No. 10 can = about 70.9 oz (11-3/4 cup) drained, unheated beans
Includes USDA Commodity	No. 2-1/2 can (40 oz)	15.7	1/4 cup heated, drained vegetable	6.4	1 No. 2-1/2 can = about 27.0 oz (4-1/2 cups) drained, unheated beans
	Pound	6.46	1/4 cup heated, drained vegetable	15.5	1 lb AP = about 11.0 oz (1-3/4 cups) drained, unheated beans

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEANS, LIMA (d	continued)				
Beans, Lima, frozen Baby Whole	Pound	10.9	1/4 cup cooked, drained vegetable	9.2	
Beans, Lima, frozen Fordhook Whole	Pound	11.1	1/4 cup cooked, drained vegetable	9.1	
Beans, Lima, dry Baby Whole Includes USDA Commodity	Pound	23.4	1/4 cup cooked vegetable	4.3	1 lb dry = about 2-3/8 cups dry beans
Beans, Lima, dry Fordhook Whole	Pound	27.0	1/4 cup cooked vegetable	3.8	1 lb dry = about 2-5/8 cups dry beans
BEANS, MUNG					
Beans, Mung, dry Whole	Pound	28.1	1/4 cup cooked vegetable	3.6	1 lb dry = about 2-1/4 cups dry beans
BEANS, NAVY o	r PEA				
Beans, Navy or Pea, dry Whole Includes USDA Commodity	Pound	23.9	1/4 cup cooked vegetable	4.2	1 lb dry = about 2-1/4 cups dry beans
BEANS, PINK					SHEWARK STATE OF
Beans, Pink, dry, canned Whole Includes USDA Commodity	No. 10 can (110 oz)	34.0	1/4 cup heated, drained vegetable	3.0	1 No. 10 can = about 12-1/4 cups drained, unheated beans or 8-1/2 cups heated, drained beans
Beans, Pink, dry Whole Includes USDA Commodity	Pound	19.3	1/4 cup cooked vegetable	5.2	1 lb dry = about 2-1/4 cups dry beans

4 Food As	O Daniela a a	Fruits	A Coming Cine	F Dometre	O Additional
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEANS, PINTO ²					
Beans, Pinto, dry, canned Whole Includes USDA	No. 10 can (108 oz)	37.2	1/4 cup heated, drained vegetable	2.7	1 No. 10 can = about 67.4 oz (9-1/4 cups) heated, drained beans
Commodity	Pound	5.51	1/4 cup heated, drained vegetable	18.2	
Beans, Pinto, dry Whole Includes USDA Commodity	Pound	21.0	1/4 cup cooked vegetable	4.8	1 lb dry = about 2-3/8 cups dry beans
Beans, Pinto, dehydrated ²	Pound	21.7	1/4 cup cooked vegetable	4.7	1 lb AP = about 3-3/4 dehydrated beans 1 lb AP = about 5-3/8 cups rehydrated, cooked beans when the water to dry beans ratio = 2:1
BEAN PRODUCT	S				
Bean Products, dry beans, canned Beans Baked or In Sauce	No. 10 can (108 oz)	47.1	1/4 cup heated vegetable with sauce	2.2	No. 10 can = about 11-3/4 cups heated beans with sauce
Vegetarian Includes USDA Commodity	No. 300 can (16 oz)	6.94	1/4 cup heated vegetable with sauce	14.4	1 No. 300 can = about 1-3/4 cups heated beans with sauce
Bean Products, dry beans, canned Beans Baked or in	No. 10 can (110 oz)	48.9	1/4 cup heated vegetable	2.1	
Sauce with Pork	No. 2-1/2 can (30 oz)	13.3	1/4 cup heated vegetable	7.6	
	No. 300 can (16 oz)	7.10	1/4 cup heated vegetable	14.1	
Bean Products, dry beans, canned Beans with Bacon	Pound	4.70	3/8 cup serving (about 1/4 cup heated vegetable)	21.3	
in Sauce	Pound	3.13	1/2 cup plus 1 Tbsp serving (about 3/8 cup heated vegetable)	32.0	

² Dehydrated pinto beans are whole beans that have been cooked and then dehydrated.

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEANS, REFRIE	D				
Beans, Refried, canned Includes USDA Commodity	No. 10 can (115 oz)	49.6	1/4 cup heated vegetable	2.1	1 No. 10 can = about 12-1/4 cups heated, refried beans
community	No. 300 can (16 oz)	7.08	1/4 cup heated vegetable	14.2	1 No. 300 can = about 1-3/4 cups heated refried beans
Beans, Refried, dehydrated	Pound	20.5	1/4 cup cooked vegetable	4.9	1 lb AP = about 3-1/2 cups dehydrated 1 lb AP = about 5-1/8 cups rehydrated, cooked beans when the water to dry beans ratio = 2:1
BEANS, RED, S	MALL				
Beans, Red, Small, dry, canned Whole	No. 10 can (111 oz)	31.9	1/4 cup heated, drained vegetable	3.2	1 No. 10 can = about 71.2 oz (8 cups) heated, drained beans
Includes USDA Commodity	No. 300 can (15-1/2 oz)	4.94	1/4 cup heated, drained vegetable	20.3	1 No. 300 can = about 8.5 oz (1-1/8 cups) heated, drained beans
Beans, Red, Small, dry Whole Includes USDA	Pound	20.4	1/4 cup cooked, drained vegetable	5.0	1 lb dry = about 2-1/8 cups dry beans
Commodity					+
BEANS, SOY					
Beans, Soy, fresh (Edamame) Shelled	Pound	10.7	1/4 cup cooked, drained vegetable	9.4	
Beans, Soy, fresh (Edamame) Whole In shell	Pound	6.90	1/4 cup cooked, drained, shelled vegetable	14.5	1 lb in pod = 0.65 lb (about 1-3/4 cups) blanched, shelled beans
Beans, Soy, dry, canned Shelled	Pound	7.30	1/4 cup heated, drained vegetable	13.7	
Beans, Soy, dry Shelled	Pound	25.9	1/4 cup cooked vegetable	3.9	1 lb dry about 2-1/2 cup dry beans

Section 2—Ve	Section 2—Vegetables/Fruits								
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information				
BEAN SPROUTS	3								
Bean Sprouts, fresh³ <i>Mung</i>	Pound	14.6	1/4 cup parboiled, drained vegetable	6.9	1 lb AP = 0.89 lb parboiled				
Bean Sprouts, fresh ³ Soybean	Pound	17.2	1/4 cup parboiled, drained vegetable	5.9	1 lb AP = 0.95 lb parboiled				
Bean Sprouts, canned	No. 10 can (102 oz)	29.1	1/4 cup heated, drained vegetable	3.5	1 No. 10 can = about 48.4 oz (7-1/4 cups) heat- ed, drained bean sprouts				
	No. 10 can (102 oz)	42.2	1/4 cup drained vegetable	2.4	1 No. 10 can = about 59.0 oz (10-1/2 cups) drained, unheated bean sprouts				
	No. 300 can (14 oz)	3.99	1/4 cup heated, drained vegetable	25.1	1 No. 300 can = about 6.5 oz (1 cup) heated, drained bean sprouts				
	No. 300 can (14 oz)	5.34	1/4 cup drained vegetable	18.8	1 No. 300 can = about 8.0 oz (1-1/3 cups) drained, unheated bean sprouts				
BEANS, WAX									
Beans, Wax, fresh Whole Untrimmed	Pound	10.5	1/4 cup whole, cooked, drained vegetable	9.6	1 lb AP = 0.95 lb (about 4-1/3 cups) ready-to-cook cut beans				

Due to the increasing number of illnesses associated with consumption of raw sprouts, the Food and Drug Administration has advised all consumers - especially children, pregnant women, the elderly, and persons with weakened immune systems - to not eat raw sprouts as a way to reduce the risk of foodborne illness. Therefore, raw sprout data served in the raw state has been intentionally omitted.

Section 2—Ve	getables/	Fruits			
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEANS, WAX (c	ontinued)				
Beans, Wax, canned	No. 10 can (101 oz)	34.3	1/4 cup heated, drained vegetable	3.0	1 No. 10 can = about 53.7 oz (8-1/2 cups) heated, drained beans
	No. 10 can (101 oz)	43.2	1/4 cup drained vegetable	2.4	1 No. 10 can = about 59.3 oz (10-3/4 cups) drained, unheated beans
	No. 2-1/2 can (28 oz)	12.9	1/4 cup heated, drained vegetable	7.8	
	No. 2-1/2 can (28 oz)	14.0	1/4 cup drained vegetable	7.2	1 No. 2-1/2 can = about 16.0 oz (3-1/2 cups) drained, unheated beans
	No. 300 can (14-1/2 oz)	4.58	1/4 cup heated, drained vegetable	21.9	1 No. 300 can = about 7.1 oz (1-1/8 cups) heated, drained vegetable
	No. 300 can (14-1/2 oz)	6.17	1/4 cup drained vegetable	16.3	1 No. 300 can = about 7.0 oz (1-1/2 cups) drained, unheated beans
	Pound	5.43	1/4 cup heated, drained vegetable	18.5	
	Pound	6.84	1/4 cup drained vegetable	14.7	
BEETS					
Beets, fresh Without tops	Pound	11.6	1/4 cup raw, pared vegetable sticks	8.7	1 lb AP = 0.77 lb pared
	Pound	7.60	1/4 cup diced, cooked vegetable	13.2	
	Pound	7.70	1/4 cup sliced, cooked vegetable	13.0	1 lb AP = 0.73 lb cooked slices

Section 2—Vegetables/Fruits								
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information			
BEETS (continu	ed)							
Beets, canned Baby Whole	No. 10 can (103 oz)	36.7	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 60.2 oz (9-1/8 cups) heated, drained beets			
	No. 10 can (103 oz)	40.2	1/4 cup drained vegetable	2.5	1 No. 10 can = about 64.0 oz (10 cups) drained, unheated beets			
	Pound	5.70	1/4 cup heated, drained vegetable	17.6				
	Pound	6.24	1/4 cup drained vegetable	16.1				
Beets, canned Diced	No. 10 can (104 oz)	37.6	1/4 cup heated, drained vegetable	2.7	1 No. 10 can = about 63.3 oz (9-3/8 cups) heated, drained beets			
	No. 10 can (104 oz)	40.9	1/4 cup drained vegetable	2.5	1 No. 10 can = about 66.4 oz (10-1/8 cups) drained, unheated beets			
	Pound	5.78	1/4 cup heated, drained vegetable	17.4				
	Pound	6.29	1/4 cup drained vegetable	15.9				
Beets, canned Sliced	No. 10 can (104 oz)	36.4	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 60.1 oz (9 cups) heated, drained beets			
	No. 10 can (104 oz)	38.8	1/4 cup drained vegetable	2.6	1 No. 10 can = about 64.9 oz (9-2/3 cups) drained, unheated beets			
	No. 300 can (15 oz)	5.16	1/4 cup heated, drained vegetable	19.4	1 No. 300 can = about 7.9 oz (1-1/4 cups) heated, drained beets			
	No. 300 can (15 oz)	5.33	1/4 cup drained vegetable	18.8	1 No. 300 can = about 8.9 oz (1-1/3 cups) drained, unheated beets			
BEET GREENS								
Beet Greens, fresh Untrimmed	Pound	3.50	1/4 cup cooked vegetable	28.6	1 lb AP = 0.48 lb ready-to- cook			

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	A Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BLACKBERRRIE	ES (BOYSEN	IBERRIES)			
Blackberries (Boysenberries), fresh Whole	Quart (20 oz)	14.9	1/4 cup raw fruit	6.8	1 qt AP = 1.2 lb (about 3-3/4 cups) ready-to-serve raw berries
	Pound	11.9	1/4 cup raw fruit	8.5	1 lb AP = 0.96 lb (about 2-7/8 cups) ready-to-serve raw berries
Blackberries (Boysenberries), canned	No. 10 can (103 oz)	47.8	1/4 cup fruit and juice	2.1	1 No. 10 can = about 66.0 oz (10-2/3 cups) drained berries
Whole	Pound	7.42	1/4 cup fruit and juice	13.5	1 lb AP = about 9.2 oz (1-1/2 cups) drained berries
Blackberries (Boysenberries), frozen	Pound	8.00	1/4 cup cooked fruit, sugar added	12.5	
Whole	Pound	9.00	1/4 cup thawed fruit, sugar added	11.2	
Blackberries (Boysenberries), frozen	Pound	7.70	1/4 cup thawed fruit puree	13.0	1 lb = about 1-7/8 cups thawed fruit puree
Puree Includes USDA Commodity	5 lb 12 oz container	44.2	1/4 cup thawed fruit puree	2.3	5 lb 12 oz container = about 11 cups thawed fruit puree
BLUEBERRIES					
Blueberries, fresh Whole Includes USDA	Pint (14-1/4 oz)	10.7	1/4 cup raw fruit	9.4	1 pt AP = 0.87 lb (about 2-2/3 cups) ready-to-serve raw berries
Commodity	Pound	11.9	1/4 cup raw fruit	8.5	1 lb AP = 0.96 lb ready-to- serve raw berries
Blueberries, canned Whole	No. 10 can (105 oz)	47.6	1/4 cup fruit and juice	2.2	1 No. 10 can = about 55.0 oz (9-1/4 cups) drained berries
	No. 300 can (15 oz)	6.80	1/4 cup fruit and juice	14.8	1 No. 300 can = about 8.2 oz (1-3/8 cups) drained berries
	Pound	7.20	1/4 cup fruit and juice	13.9	

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BLUEBERRIES	(continued)				法证券 基本制度员
Blueberries, frozen Whole	Pound	7.80	1/4 cup cooked fruit, sugar added	12.9	
Blueberries, frozen Whole Individually-quick- frozen	Pound	11.9	1/4 cup thawed fruit unsweetened	8.5	1 lb AP = 0.91 lb (about 2-7/8 cups) ready-to-serve berries
Blueberries, dehydrated Whole	Pound	12.4	1/4 cup dehydrated fruit	8.1	1 lb AP = 1 lb (about 3 cups) ready-to-serve dried berries
воксноу				V. State of	
Bokchoy, fresh Whole	Pound	14.4	1/4 cup raw, shredded vegetable	7.0	1 lb AP = 0.77 lb (about 3-1/2 cups) ready-to-serve bokchoy
BOYSENBERRIE	ES (see BLA	CKBERRIES	5)		
BREADFRUIT					
Breadfruit, fresh Guatemalan	Pound	5.69	1/4 cup baked, mashed fruit	17.6	1 lb AP = 0.60 lb (about 1-3/8 cup) cooked mashed fruit, 1 breadfruit = about 2.6 lb
BROCCOLI				第 1条件集	
Broccoli, fresh Untrimmed	Pound	9.80	1/4 cup raw vegetable spears	10.3	1 lb AP = 0.81 lb ready-to- cook broccoli
	Pound	9.40	1/4 cup cooked, drained vegetable spears	10.7	1 medium spear = about 1/4 cup
	Pound	10.2	1/4 cup cut, cooked, drained vegetable	9.9	
Broccoli, fresh Florets Trimmed Ready-to-use	Pound	28.8	1/4 cup cut, raw vegetable	3.5	1 lb AP = 1 lb (about 7-1/8 cups) ready-to-cook broccoli

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BROCCOLI (cor	ntinued)				
Broccoli, fresh Spears Trimmed Ready-to-use	Pound	17.1	1/4 cup raw vegetable spears	5.9	1 lb AP = 1.0 lb (about 4-1/4 cups) ready-to-cook broccoli
	Pound	13.0	1/4 cup cooked, drained vegetable spears	7.7	1 lb AP = 1.00 lb (about 3-1/4 cups) cooked broccol
Broccoli, fresh Slaw Ready-to-use	Pound	21.1	1/4 cup raw vegetable	4.8	1 lb AP = 1 lb (about 5-1/4 cups) ready-to-serve or -cook broccoli slaw
Broccoli, frozen Spears	Pound	10.9	1/4 cup cooked, drained vegetable	9.2	1 lb AP = 0.90 lb (about 2-5/8 cups) cooked broccol
Broccoli, frozen Cut or chopped	Pound	9.60	1/4 cup cooked, drained vegetable	10.5	
BRUSSELS SPE	ROUTS				
Brussels Sprouts, fresh Whole	Pound	8.50	1/4 cup cooked, drained vegetable	11.8	1 lb AP = 0.76 lb ready-to- cook Brussels sprouts
Brussels Sprouts, fresh Trimmed Ready-to-use	Pound	16.1	1/4 cup raw vegetable	6.3	1 lb AP = 1 lb (about 4 cups ready-to-serve Brussels sprouts
neauy-to-use	Pound	13.4	1/4 cup cooked, drained vegetable	7.5	1 lb AP = 1.00 lb (about 3-1/3 cups) steamed Brussels sprouts
Brussels Sprouts, frozen Ready-to-use	Pound	10.4	1/4 cup cooked, drained vegetable	9.7	
CABBAGE, CHI	NESE or CE	ERY			
Cabbage, Chinese or Celery, fresh Untrimmed	Pound	20.4	1/4 cup raw vegetable strips	5.0	1 lb AP = 0.93 lb (about 5 cups) ready-to-serve, raw cabbage
	Pound	10.6	1/4 cup cooked, drained vegetable strips	9.5	

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CABBAGE, GRE	EN				
Cabbage, fresh Green Untrimmed	Pound	17.7	1/4 cup raw, chopped vegetable	5.7	1 lb AP = 0.87 lb ready-to- cook or serve raw cabbage
Whole	Pound	11.2	1/4 cup raw, chopped vegetable with dressing	9.0	
	Pound	26.4	1/4 cup raw, shredded vegetable	3.8	
	Pound	13.8	1/4 cup cooked, drained shredded vegetable	7.3	
	Pound	9.86	1/4 cup cooked, drained vegetable wedges	10.2	1 lb AP = 0.82 lb (about 2-3/8 cups) cooked cabbage wedges
	1 head	9.00	1 large cooked leaf (3/4 cups vegetable)	11.2	1 large leaf = 10 to 12 inches in diameter
	1 head	7.00	1 medium cooked leaf (3/8 cup vegetable)	14.3	1 medium leaf = 6 to 8 inches in diameter
Cabbage, fresh Green Shredded Ready-to-use	Pound	27.0	1/4 cup raw vegetable	3.8	1 lb AP = 1 lb (about 6-3/4 cups) ready-to-serve raw, shredded cabbage
CABBAGE, RED	I SERVICE SERV				
Cabbage, Red, fresh Whole Untrimmed	Pound	13.0	1/4 cup raw, chopped vegetable	7.7	1 lb AP = 0.64 lb (about 3-1/4 cups) ready-to-cook or -serve raw chopped cabbage
	Pound	24.6	1/4 cup raw, shredded vegetable	4.1	1 lb AP = 0.83 lb (about 6 cups) ready-to-cook or -serve raw, shredded cabbage
	Pound	13.3	1/4 cup cooked, shredded vegetable	7.6	
Cabbage, Red, fresh Shredded Ready-to-use	Pound	22.8	1/4 cup raw vegetable	4.4	1 lb AP = 1 lb (about 5-2/3 cups) ready-to-serve raw, shredded cabbage

Section 2—Ve	9 Purchase	T	A Coming Cine non	P Dunahaa	Additional
Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CACTUS (NOPA	LES)				
Cactus (Nopales), fresh Leaves (or petals) Unpeeled With thorns	Pound	6.80	1/4 cup unpeeled, diced cooked, drained vegetable (thorns removed)	14.8	1 lb AP = 0.96 lb (about 1-2/3 cups) unpeeled, thorns removed, diced, cooked, drained cactus
Cactus (Nopales), fresh Leaves (or Petals) Unpeeled Without thorns	Pound	6.96	1/4 cup unpeeled diced, cooked, drained vegetable	14.4	1 lb AP = 0.99 lb ready-to- cook diced cactus 1 lb AP = about 1-2/3 cups diced, cooked, drained cactus
Cactus (Nopalitos), canned Leaves (or Petals)	14 oz jar	3.04	1/4 cup heated, drained vegetable	32.9	14 oz jar = about 5.7 oz (3/4 cup) cooked, drained cactus
Cut	14 oz jar	3.65	1/4 cup drained vegetable	27.4	14 oz jar = about 6.3 oz (7/8 cup) drained, unheated cactus
CACTUS FRUIT	(PRICKLY F	PEAR)			
Cactus Fruit (Prickly Pear), fresh Whole fruit	Pound	4.99	1/4 cup peeled, diced fruit, with seeds	20.1	1 lb AP = 0.61 lb (about 1-1/8 cup) ready-to-serve raw, peeled, diced cactus with seeds
	Pound	3.74	1/4 cup, peeled, juice and pulp, without seeds	26.8	1 lb = 0.48 lb (about 7/8 cup) ready-to-cook peeled cactus juice and pulp without seeds
CANTALOUPE ⁴					
Cantaloupe, fresh ⁴ Whole 18 Count (5-inch diameter, about 30 oz)	Pound	5.73	1/4 cup cubed or diced fruit (about 1/10 medium melon)	17.5	1 lb AP = 0.47 lb (about 1-3/8 cups) ready-to-serve raw melon, 1 melon = about 14 oz EP
Cantaloupe, fresh ⁴ Whole 15 Count (5-3/4-inch diameter, about 40 oz)	Pound	6.74	1/4 cup cubed or diced fruit (about 1/16 large melon)	14.9	1 lb AP = 0.56 lb (about 1-2/3 cups) ready-to-serve raw, peeled, diced melon, 1 melon = about 1.3 lb EP

⁴ In response to Salmonella outbreaks associated with raw melon, the Food and Drug Administration has provided guidance for safe handling practices for melons that include washing the outer surface of the melon thoroughly with cool tap water to remove surface dirt.

Section 2—Ve	getables/	Fruits			
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CANTALOUPE4	(continued)		,,,,,,		
Cantaloupe, frozen Melon balls Packed in syrup	Pound	7.80	1/4 cup fruit and juice	12.9	
Cantaloupe, frozen Melon balls Unsweetened	Pound	8.70	1/4 cup fruit	11.5	1 lb = 35 balls
CARAMBOLA (see STAR FI	RUIT)			
CARROTS					
Carrots, fresh Without tops	Pound	10.3	1/4 cup raw vegetable strips (about 3 strips, 4-inch by 1/2 inch)	9.8	1 lb AP = 0.70 lb ready-to- cook, or -serve raw carrot sticks
	Pound	10.6	1/4 cup raw, chopped vegetable	9.5	
	Pound	15.4	1/4 cup raw, shredded vegetable	6.5	1 lb AP = 0.83 lb (about 3-3/4 cups) trimmed, peeled, shredded carrot
	Pound	8.10	1/4 cup raw shredded vegetable with dressing	12.4	
	Pound	8.63	1/4 cup cooked, drained shredded vegetable	11.6	1 lb AP = 0.79 lb (about 2-1/8 cups) trimmed, peeled, shredded, cooked carrot
	Pound	10.9	1/4 cup raw, sliced vegetable (5/16-inch slices)	9.2	1 lb AP = 0.83 lb (about 2-2/3 cups) trimmed, peeled, sliced carrots
	Pound	8.16	1/4 cup cooked, drained sliced vegetable (5/16-inch slices)	12.3	1 lb AP = 0.76 lb (about 2 cups) cooked, sliced carrots
Carrots, fresh Shredded Ready-to-use	Pound	19.9	1/4 cup raw vegetable	5.1	1 lb AP = 1 lb (about 4-7/8 cups) ready-to-use raw, shredded carrot
	Pound	11.2	1/4 cup cooked, drained vegetable	9.0	1 lb AP = 0.92 lb (about 2-3/4 cups) cooked carrot

⁴ In response to Salmonella outbreaks associated with raw melon, the Food and Drug Administration has provided guidance for safe handling practices for melons that include washing the outer surface of the melon thoroughly with cool tap water to remove surface dirt.

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CARROTS (cont	tinued)				
Carrots, fresh Sliced Peeled Ready-to-use	Pound	12.6	1/4 cup raw vegetable slices (5/16-inch slices)	8.0	1 lb AP = 1 lb (about 3-1/8 cups) ready-to-serve or -cook carrot
Carrots, fresh Sticks Ready-to-use (1/2-inch by 4-inch)	Pound	15.4	1/4 cup raw vegetable (about 3 sticks)	6.5	1 lb AP = 1lb (about 3-3/4 cups) carrot sticks
Carrots, fresh Baby Ready-to-use	Pound	12.9	1/4 cup raw vegetable	7.8	1 lb AP= 1 lb (about 3-1/8 cups) ready-to-serve raw carrots
	Pound	11.4	1/4 cup cooked, drained vegetable	8.8	1 lb AP= 0.97 lb (about 2-3/4 cups) cooked carrots
Carrots, canned Diced Includes USDA Commodity	No. 10 can (105 oz)	34.3	1/4 cup heated, drained vegetable	3.0	1 No. 10 can = about 62.0 oz (8-1/2 cups) heated, drained carrots
commonly	No. 10 can (105 oz)	40.0	1/4 cup drained vegetable	2.5	1 No. 10 can = about 67.0 oz (10 cups) drained, unheated carrots
	Pound	5.22	1/4 cup heated, drained vegetable	19.2	
	Pound	6.09	1/4 cup drained vegetable	16.5	
Carrots, canned Sliced Includes USDA Commodity	No. 10 can (105 oz)	37.2	1/4 cup heated, drained vegetable	2.7	1 No. 10 can = about 65.0 oz (9-1/4 cups) heated, drained carrot
	No. 10 can (105 oz)	43.4	1/4 cup drained vegetable	2.4	1 No. 10 can = about 70.0 oz (10-3/4 cups) drained, unheated carrots
	No. 300 can (15 oz)	5.20	1/4 cup heated, drained vegetable	19.3	1 No. 300 can = about 8.6 oz (1-1/4 cups) heated drained carrots
	No. 300 can (15 oz)	5.88	1/4 cup drained vegetable	17.1	1 No. 300 can = about 8.5 oz (1-3/8 cups) drained, unheated carrots

Section 2—Ve	getables/	Fruits			
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CARROTS (cont	inued)				
Carrots, frozen Sliced Includes USDA Commodity	Pound	9.87	1/4 cup cooked, drained vegetable	10.2	1 lb AP = 0.95 lb (about 2-3/8 cups) cooked, drained carrot
Carrots, frozen Baby	Pound	10.9	1/4 cup cooked, drained vegetable	9.2	
CASSAVA (see	YUCCA)				
CAULIFLOWER					
Cauliflower, fresh Whole	Pound	12.5	1/4 cup raw, sliced vegetable	8.0	1 lb AP = 0.62 lb ready-to- cook or -serve raw cauliflowe
Trimmed	Pound	12.3	1/4 cup raw vegetable florets	8.2	1 medium head = about 6 cups cauliflower florets
	Pound	8.80	1/4 cup cooked, drained vegetable florets	11.4	1 lb AP = 0.61 lb cooked cauliflower
Cauliflower, fresh Florets Ready-to-use	Pound	18.3	1/4 cup raw vegetable florets	5.5	1 lb AP = 1 lb (about 4-1/2 cups) ready-to-cook or -serve cauliflower
	Pound	14.1	1/4 cup cooked, drained vegetable florets	7.1	
Cauliflower, frozen	Pound	9.20	1/4 cup cooked, drained vegetable	10.9	
CELERY	ARTS IN	VOISE SE			
Celery, fresh Trimmed	Pound	12.2	1/4 cup raw vegetable sticks or strips (about 3 sticks, 1/2-inch by 4-inch sticks)	8.2	
	Pound	12.5	1/4 cup raw, chopped vegetable	8.0	1 lb AP = 0.83 lb (about 3-1/8 cups) ready-to-cook or -serve raw celery
	Pound	12.3	1/4 cup raw, diced vegetable	8.2	
	Pound	8.70	1/4 cup diced, cooked, drained vegetable	11.5	1 lb AP = 0.74 lb (about 2-1/8 cups) cooked celery
	Pound	8.10	1/4 cup sliced, cooked, drained vegetable	12.4	

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CELERY (contin	ued)				
Celery, fresh Sticks Ready-to-use (1/2-inch by 4-inch)	Pound	14.0	1/4 cup raw vegetables (about 3 sticks)	7.2	1 lb AP = 1 lb (about 3-1/2 cups) ready-to-serve raw celery
Celery, fresh Diced Ready-to-use	Pound	12.9	1/4 cup raw vegetable	7.8	1 lb AP = 1 lb (about 3-1/8 cups) ready-to-cook or -serve raw celery
Celery, canned Diced	No. 10 can (102 oz)	38.4	1/4 cup heated, drained vegetable	2.7	1 No. 10 can = about 64.0 oz (9-1/2 cups) heated, drained celery
	No 10 can (102 oz)	49.0	1/4 cup drained vegetable	2.1	1 No 10 can = about 74.0 oz (12-3/8 cups) drained celery
	Pound (drained weight)	8.27	1/4 cup heated, drained vegetable	12.1	
	Pound (drained weight)	10.5	1/4 cup drained vegetable	9.6	
Celery, canned Diced In sauce	No. 10 can (104 oz)	49.7	1/4 cup heated, drained vegetable	2.1	1 No. 10 can = about 100.0 oz (12-3/8 cups) heated, drained celery
CHARD, SWISS	(see SWIS	S CHARD)			
CHAYOTE (MIR	LITON)				
Chayote (Mirliton), fresh Whole	Pound	12.6	1/4 cup unpeeled, pitted, sliced, raw vegetable	8.0	1 lb AP = 0.96 lb (about 3-1/8 cups) ready-to-serve raw, pitted, sliced chayote
Unpeeled	Pound	9.46	1/4 cup unpeeled, pitted, sliced, cooked, drained vegetable	10.6	1 lb AP = 0.88 lb (about 2-1/3 cups) unpeeled, pitted, sliced, cooked chayote
CHERRIES, MA	RASCHINO				
Cherries, Maraschino, canned Large	Pound	6.20	1/4 cup drained fruit	16.2	

Section 2—Ve	1 Purchase	_	⚠ Serving Size per	E Durchase	C Additional
Purchased, AP	2 Unit	per Purchase Unit, EP	4 Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CHERRIES, MAI	RASCHINO	(continued)			
Cherries, Maraschino, canned Small	Pound	5.70	1/4 cup drained fruit	17.6	
CHERRIES, RED	TART				
Cherries, Red Tart, fresh Whole	Pound	6.40	1/4 cup cooked, pitted fruit, sugar added	15.7	1 lb AP = 0.87 lb pitted cherries
Cherries, Red Tart, canned Pitted	No. 10 can (102 oz)	46.8	1/4 cup fruit and juice	2.2	1 No. 10 can = about 11-3/4 cups net pitted cherries and juice
Water packed Includes USDA Commodity	No. 10 can (102 oz)	36.2	1/4 cup drained fruit	2.8	1 No. 10 can = about 70.0 oz (9 cups) drained, pitted cherries
	Pound	7.29	1/4 cup fruit and juice	13.8	
	Pound	5.79	1/4 cup drained fruit	17.3	
Cherries, Red Tart, frozen Pitted	Pound	11.4	1/4 cup thawed fruit and juice	8.8	1 lb AP = 0.98 lb (about 2-3/4 cups) thawed cherries and juice
Includes USDA Commodity	Pound	7.00	1/4 cup drained fruit	14.3	1 lb AP = 0.70 lb (about 1-3/4 cups) thawed, drained cherries
	Pound	5.90	1/4 cup cooked fruit and juice	17.0	
	40 lb pkg	457.4	1/4 cup thawed fruit and juice	0.22	40 lb pkg = about 114-1/4 cups thawed cherries and juice
	40 lb pkg	280.8	1/4 cup thawed, drained fruit	0.36	40 lb pkg = about 70-1/8 cups thawed, drained cherries
	40 lb pkg	236.7	1/4 cup cooked fruit and juice	0.43	

Section 2—Ve	getables/	Fruits			
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CHERRIES, RED	TART (con	tinued)			
Cherries, Red Tart, dehydrated Whole	Pound	11.8	1/4 cup dehydrated fruit	8.5	1 lb AP = 1 lb (about 2-7/8 cups) dried cherries
Without pits Includes USDA	2 lb pkg	23.6	1/4 cup dehydrated fruit	4.3	
Commodity	4 lb pkg	47.2	1/4 cup dehydrated fruit	2.2	
CHERRIES, SW	EET				
Cherries, Sweet, fresh Whole With pits	Pound	8.50	1/4 cup raw, pitted cherries (about 7 whole)	11.8	1 lb AP = 0.98 lb ready-to- serve cherries with pits or 0.84 lb pitted cherries
Cherries, Sweet, canned Whole With pits	No. 10 can (106 oz)	45.8	1/4 cup pitted fruit and juice	2.2	1 No. 10 can = about 59.0 oz (9-1/4 cups) drained, pitted cherries
with pits	No. 2-1/2 can (29 oz)	12.5	1/4 cup pitted fruit and juice	8.0	1 No. 2-1/2 can = about 17.6 oz (2-3/8 cups) drained cherries
	Pound	6.91	1/4 cup pitted fruit and juice	14.5	1 lb AP = about 8.4 oz (1-1/3 cups) drained, pitted cherries
CHICKPEAS (se	e BEANS, G	GARBANZO)			
CHICORY					
Chicory, fresh	Pound	47.4	1/4 cup raw vegetable pieces	2.2	1 lb AP = 0.89 lb ready-to- serve raw chicory
	Pound	31.6	1/4 cup raw vegetable pieces with dressing	3.2	
CLEMENTINES					
Clementines, fresh Whole	Pound	3.68	1 whole, raw clementine (about 1/2 cup fruit)	27.2	
	Pound	7.65	1/4 cup peeled, sectioned, raw fruit (about 5 sections)	13.1	1 lb AP = 0.80 lb (about 1-7/8 cups) ready-to-serve, raw clementine sections

Section 2—Ve 1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
COLLARD GREE	INS				
Collard Greens, fresh Untrimmed	Pound	6.20	1/4 cup cooked, drained vegetable leaves	16.2	1 lb AP = 0.57 lb ready-to- cook collard leaves
	Pound	10.5	1/4 cup cooked, drained vegetable leaves and stems	9.6	1 lb AP = 0.74 lb ready- to-cook collard leaves and stems
Collard Greens, canned	No. 10 can (101 oz)	27.2	1/4 cup heated, drained vegetable	3.7	1 No. 10 can = about 54.0 oz (6-3/4 cups) heated, drained collards
	No. 10 can (101 oz)	35.9	1/4 cup drained vegetable	2.8	1 No. 10 can = about 66.4 oz (9 cups) drained, unheated collards
	No. 2-1/2 can (27 oz)	6.80	1/4 cup heated, drained vegetable	14.7	1 No. 2-1/2 can = about 17.6 oz (3 cups) drained collards
	No. 300 can (14-1/2 oz)	3.67	1/4 cup heated, drained vegetable	27.3	
Collard Greens, frozen Chopped or Whole leaf	Pound	9.20	1/4 cup cooked, drained vegetable	10.9	
CORN					
Corn, fresh With husks (5 to 6-inch length)	Pound	1.67	1 medium ear (about 1/2 cup cooked vegetable)	59.9	
Medium	Pound	3.35	1/4 cup cooked vegetable (about 1/2 cob)	29.9	1 lb AP = 0.34 lb raw cut corn
Corn, fresh Without husks '5 to 6-inch length)	Pound	2.33	1 medium ear (about 1/2 cup cooked vegetable)	43.0	
Medium	Pound	5.27	1/4 cup cooked vegetable (about 1/2 cob)	19.0	1 lb AP = 0.54 lb raw cut corn
Corn, canned Cream style Includes USDA Commodity	No. 10 can (106 oz)	46.4	1/4 cup heated vegetable	2.2	1 No. 10 can = about 100.7 oz (11-1/2 cups) heated corn
outilitionity	No. 300 can (15 oz)	6.35	1/4 cup heated vegetable	15.8	1 No. 300 can = about 13.0 oz (1-1/2 cups) heated corn

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CORN (continue	ed)				
Corn, canned Whole kernel Vacuum packed Includes USDA	No. 10 can (75 oz)	34.1	1/4 cup heated, drained vegetable	3.0	1 No. 10 can = about 60.5 oz (8-1/2 cups) heated, drained corn
Commodity	No. 10 can (75 oz)	36.8	1/4 cup drained vegetable	2.8	1 No. 10 can = about 63.0 oz (9 cups) drained, unheated corn
	No. 2 can (12 oz)	6.60	1/4 cup heated, drained vegetable	15.2	1 No. 2 can = about 10.0 oz (1-2/3 cups) drained, heated corn
Corn, canned Whole kernel Liquid pack Includes USDA	No. 10 can (106 oz)	39.6	1/4 cup heated, drained vegetable	2.6	1 No. 10 can = about 66.0 oz (9-7/8 cups) heated, drained corn
Commodity	No. 10 can (106 oz)	40.7	1/4 cup drained vegetable	2.5	1 No. 10 can = about 73.3 oz (10-2/3 cups) drained, unheated corn
	No. 300 can (15-1/4 oz)	5.68	1/4 cup heated, drained vegetable	17.7	1 No. 300 can = about 9.3 oz (1-3/8 cups) heated, drained corn
	No. 300 can (15-1/4 oz)	5.86	1/4 cup drained vegetable	17.1	1 No. 300 can = about 9.6 oz (1-3/8 cups) drained unheated corn
Corn, frozen Whole Kernel Includes USDA Commodity	Pound	11.1	1/4 cup tempered vegetable (unheated for salads)	9.1	1 lb AP = 0.99 lb (about 2-3/4 cups) ready-to-serve, raw, tempered corn
Commounty	Pound	11.0	1/4 cup cooked vegetable	9.1	
Corn, frozen Corn on the cob 3-inch ear (cobbette) Includes USDA Commodity	Pound	4.25	1/4 cup cooked vegetable (about 1 cobbette)	23.6	1 lb AP = 0.53 lb (about 1 cup) edible portion cooked corn
Corn, frozen Corn on the cob 5-1/4-inch ear (medium) Includes USDA Commodity	Pound	2.44	1 medium cooked ear (about 1/2 cup cooked vegetable)	41.0	1 lb AP = 0.52 lb (about 1-1/8 cups) edible portion cooked corn

Section 2—Ve	Section 2—Vegetables/Fruits							
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information			
CRANBERRIES								
Cranberries, fresh Whole	Pound	15.6	1/4 cup raw, chopped fruit	6.5	1 lb AP = 0.95 lb ready-to- cook or -serve raw berries			
	Pound	11.1	1/4 cup cooked fruit, sugar added, whole berry	9.1	The second			
	Pound	9.90	1/4 cup cooked fruit, sugar added, strained	10.2				
Cranberries, dehydrated Sweetened Whole	Pound	13.8	1/4 cup dehydrated fruit	7.3	1 lb AP = 1 lb (about 3-3/8 cups) ready-to-cook or -serve berries			
Includes USDA	5 lb pkg	69.0	1/4 cup dehydrated fruit	1.5				
Commodity	30 lb pkg	414.0	1/4 cup dehydrated fruit	0.25				
CRANBERRY R	ELISH or SA	UCE						
Cranberry Relish or Sauce, canned Whole	No. 10 can (117 oz)	48.0	1/4 cup fruit	2.1				
Includes USDA Commodity	No. 300 can (16 oz)	6.70	1/4 cup fruit	15.0				
Cranberry Relish or Sauce, canned Strained	No. 10 can (117 oz)	47.9	1/4 cup fruit	2.1				
Includes USDA Commodity	No. 300 can (16 oz)	6.50	1/4 cup fruit	15.4				
			l					

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CUCUMBERS					
Cucumbers, fresh Whole Unpared	Pound	11.1	1/4 cup unpared, diced vegetable	9.1	1 lb AP = 0.98 lb (about 2-3/4 cups) ready-to-serve raw, unpared, diced cucumber
	Pound	12.4	1/4 cup unpared, sliced vegetable	8.1	
	Pound	10.5	1/4 cup pared, diced or sliced vegetable	9.6	1 lb AP = 0.84 lb ready- to-serve raw, pared, sliced cucumber
	Pound	9.71	1/4 cup pared vegetable sticks (about 3 sticks, 3-inch by 3/4-inch sticks)	10.3	1 lb AP = 0.81 lb (about 2-3/8 cups) ready-to-serve raw, pared cucumber sticks
	Pound	11.8	1/4 cup unpared vegetable sticks (about 3 sticks, 3-inch by 3/4-inch sticks)	8.5	1 lb AP = 0.98 lb (about 3 cups) ready-to-serve raw, unpared cucumber sticks
CURRANTS					
Currants, dehydrated	Pound	13.8	1/4 cup dehydrated fruit	7.3	1 lb dry = about 3-3/8 cups dry currants
DATES					
Dates, dehydrated Moisturized With pits Whole	Pound	10.0	1/4 cup pitted, dehydrated fruit	10.0	
Dates, dehydrated	Pound	12.7	1/4 cup dehydrated fruit	7.9	1 lb dry = about 3-1/8 cups
Pieces Regular moisture Includes USDA Commodity	30 lb pkg	383.6	1/4 cup dehydrated fruit	0.27	30 lb box = about 95-7/8 cups dried dates
Dates, dehydrated Pitted	Pound	11.1	1/4 cup whole, dehydrated fruit	9.1	1 lb dry = about 2-3/4 cups whole dry dates
Regular moisture Includes USDA Commodity	Pound	10.6	1/4 cup chopped, dehydrated fruit	9.5	1 lb dry = about 2-2/3 cups chopped dry dates
EGGPLANT					
Eggplant, fresh Whole	Pound	6.70	1/4 cup pared, cubed, cooked vegetable	15.0	1 lb AP = 0.81 lb ready-to- cook eggplant

Section 2—Ve			I _	1	
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
ENDIVE, ESCAR	ROLE				
Endive or Escarole, fresh Whole	Pound	19.9	1/4 cup raw vegetable pieces	5.1	1 lb AP = 0.78 lb ready-to- serve raw endive (escarole)
FIGS					
Figs, fresh Small Whole	Pound	8.00	1/4 cup small raw fruit (about 2-1/2 figs)	12.5	1 lb AP = 1 lb (about 2 cups) ready-to-serve, raw figs, 1 lb = about 20 small figs
Figs, canned Puree Includes USDA Commodity	2 gal	128.0	1/4 cup fruit puree	0.79	2-gallon container = 32 cups fruit puree
Figs, canned Whole	No. 10 can (110 oz)	49.3	1/4 cup fruit and juice	2.1	1 No. 10 can = about 64.0 oz (8-3/4 cups) drained figs
	No. 2-1/2 can (30 oz)	13.4	1/4 cup fruit and juice	7.5	1 No. 2-1/2 can = about 18.6 oz (2-1/2 cups) drained figs
	Pound	7.17	1/4 cup fruit and juice	14.0	F 30 3 22 1
Figs, dehydrated Whole	Pound	10.4	1/4 cup dehydrated fruit (about 3 figs)	9.7	1 lb dry = about 2-5/8 cups or 30 figs
Includes USDA Commodity	Pound	13.4	1/4 cup cooked fruit and juice	7.5	
Figs, dehydrated Diced and Sugared Includes USDA	Pound	12.7	1/4 cup dehydrated fruit pieces (about 28 pieces)	7.9	1 lb dry = 3-1/8 cups dried, sugared figs
Commodity	25 lb Box	319.9	1/4 cup diced fruit (about 28 pieces)	0.32	25 lb Box = about 80 cups dried, sugared figs
FRUIT, MIXED		23 28 B			
Fruit, Mixed, chilled may include: honeydew melon, cantaloupe, watermelon, grapes, etc.	1 gal (97.7 oz)	64.0	1/4 cup fruit and juice	1.6	1 gallon container = 16 cups fruit and juice

Section 2—Ve			A Comba + Ob-	B D •	A 4 1202 1
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
FRUIT, MIXED (continued)				
Fruit, Mixed, canned Fruit Cocktail (peaches, pears, pineapple, grapes,	No. 10 can (106 oz)	46.9	1/4 cup fruit and juice	2.2	1 No. 10 can = about 69.0 oz (9-1/4 cups) drained fruit
cherries) ncludes USDA Commodity	No. 2-1/2 can (29 oz)	12.8	1/4 cup fruit and juice	7.9	1 No. 2-1/2 can = about 18.3 oz (2-3/8 cups) drained fruit
	No. 300 can (15 oz)	6.30	1/4 cup fruit and juice	15.9	
Fruit, Mixed, canned may include: apricots, peaches, pears, pineapple,	No. 10 can (106 oz)	48.6	1/4 cup fruit and juice	2.1	1 No. 10 can = about 62.0 oz (8-1/2 cups) drained fruit
cherries, grapes, etc. Includes USDA Commodity (peaches, pears, grapes)	No. 2-1/2 can (29 oz)	13.3	1/4 cup fruit and juice	7.6	1 No. 2-1/2 can = about 16.9 oz (2-1/3 cups) drained fruit
conte, grapos,	No. 300 can (15 oz)	6.50	1/4 cup fruit and juice	15.4	20.3
Fruit, Mixed, frozen may include: peaches, grapes, apricots, pears,	136 oz tub	58.2	1/4 cup thawed fruit and juice	1.8	136 oz tub = about 14-3/8 cups thawed fruit and juice
pineapple, cherries, etc.	136 oz tub	23.4	1/4 cup thawed, drained fruit	4.3	136 oz tub = about 49.4 oz (5-3/4 cups) thawed, drained fruit
Fruit, Mixed, dehydrated Regular moisture	Pound	9.70	1/4 cup dehydrated fruit	10.4	
GRAPEFRUIT					
Grapefruit, fresh 27-32 Count (large) Whole	Pound	6.48	1/4 cup fruit sections peeled (about 2 sections)	15.5	1 lb AP = 0.74 lb (about 1-5/8 cups) peeled, ready- to-serve raw grapefruit sections
	Pound	4.53	1/4 cup fruit sections, peeled, without membrane (about 2 sections)	22.1	1 lb AP = 0.58 lb (about 1-1/8 cups) ready-to-serve raw, peeled grapefruit sections without membrane
	Pound	2.00	1/2 grapefruit (about 1/2 cup fruit and juice)	50.0	1 lb AP = 0.48 lb (7/8 cup) grapefruit juice
	Pound	3.50	1/4 cup fruit and juice	28.6	

Section 2—Ve		Section 2—Vegetables/Fruits							
1 Food As Purchased, AP	2 Purchase Unit	Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information				
GRAPEFRUIT (c	ontinued)								
Grapefruit, canned Sections	No. 3 Cyl (50 oz)	23.3	1/4 cup fruit and juice	4.3	1 No. 3 Cyl = about 26.0 oz (3-1/8 cups) drained grapefruit				
	Pound	7.45	1/4 cup fruit and juice	13.5					
Grapefruit, frozen Sections	Pound	7.50	1/4 cup fruit and juice	13.4	1 lb AP = about 0.55 lb (1-1/8 cups) thawed, drained grapefruit				
GRAPEFRUIT an	d ORANGE	SECTIONS							
Grapefruit and Orange Sections,	1 gal (136 oz)	63.9	1/4 cup fruit and juice	1.6	1 gallon = about 91.0 oz (13-1/4 cups) drained fruit				
chilled	Pound	7.51	14 cup fruit and juice	13.4					
Grapefruit and Orange Sections, canned	No. 3 Cyl (50 oz)	22.6	1/4 cup fruit and juice	4.5	1 No. 3 Cyl = about 26.0 oz (3-1/2 cups) drained fruit				
cameu	Pound	7.23	1/4 cup fruit and juice	13.9	1 lb AP = about 8.5 oz (1-1/8 cups) drained fruit				
GRAPES		THE STATE OF THE S							
Grapes, fresh Seedless Whole With stem	Pound	10.5	1/4 cup whole fruit (about 7 large grapes)	9.6	1 lb AP = 0.97 lb (about 2-5/8 cups) ready-to-serve grapes				
with Stelli	Pound	9.27	1/4 cup fruit halves (about 14 large grape halves)	10.8	1 lb AP = 0.97 lb (about 2-1/4 cups) ready-to-serve grape halves				
Grapes, fresh Seedless Whole Without stem	Pound	10.8	1/4 cup whole fruit (about 7 large grapes)	9.3					
Grapes, fresh Whole With seeds and stem	Pound	10.1	1/4 cup seeded fruit halves (about 12 grape halves)	10.0	1 lb AP = 0.89 lb raw seeded grapes				

Section 2—Ve	getables/	Fruits		(0.500)	
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
GRAPES (contin	nued)				
Grapes, canned Seedless Whole	No. 10 can (108 oz)	50.0	1/4 cup fruit and juice	2.0	1 No. 10 can = about 67.0 oz (10 cups) drained grapes
	No. 2-1/2 can (30 oz)	13.8	1/4 cup fruit and juice	7.3	1 No. 2-1/2 can = about 18.6 oz (2-3/4 cups) drained grapes
	Pound	7.40	1/4 cup fruit and juice	13.6	1 Ib AP = about 9.9 oz (1-1/2 cups) drained grapes
GRAPE LEAVES					
Grape Leaves, fresh Whole with stem	Pound	27.4	1/4 cup cooked, drained vegetable (about 3 leaves)	3.7	1 lb AP = 0.80 lb (about 6-3/4 cups) cooked, steamed grape leaves without stem
Grape Leaves, canned Pickled	14 oz jar	17.0	1/4 cup drained vegetable (about 3 leaves)	5.9	14 oz jar = about 8.0 oz (4-1/4 cups) drained leaves
GUAVA PUREE					
Guava Puree, frozen	30 oz container	13.3	1/4 cup fruit puree	7.6	30 oz container = about 29.6 oz (3-1/3 cups) thawed fruit puree
	Pound	7.20	1/4 cup fruit puree	13.9	
HONEYDEW ME	LON ⁵				
Honeydew Melon, fresh ⁵ Whole	Pound	4.90	1/4 cup fruit cubes	20.5	1 lb AP = 0.46 lb (about 1-1/8 cups) ready-to-serve melon cubes
Honeydew Melon, frozen	Pound	8.70	1/4 cup fruit balls	11.5	1 lb = about 35 fruit balls

⁵In response to Salmonella outbreaks associated with raw melon, the Food and Drug Administration has provided guidance for safe handling practices for melons that include washing the outer surface of the melon thoroughly with cool tap water to remove surface dirt.

Section 2—Ve	getables/	Fruits			
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
JICAMA (YAM I	BEAN)				
Jicama (Yam Bean), fresh Whole	Pound	11.9	1/4 cup raw peeled, julienned vegetable strips	8.5	1 lb AP = 0.89 lb (about 2-7/8 cups) ready-to-serve raw peeled, julienned jicama strips
	Pound	9.61	1/4 cup peeled, cooked, julienned vegetable strips	10.5	1 lb AP = 0.87 lb (about 2-3/8 cups) cooked jicama strips
JUICES ^{6, 7}					
Juices, canned ⁶ Single strength (100% juice)	No. 10 can (96 fl oz)	48.0	1/4 cup fruit or vegetable juice	2.1	1 No. 10 can = 12 cups juice
Vegetable or Fruit (such as Apple, Grape, Grapefruit,	No. 3 Can (46 fl oz)	23.0	1/4 cup fruit or vegetable juice	4.4	10.00
Grapefruit-Orange, Lemon, Lime,	Quart (32 fl oz)	16.0	1/4 cup fruit or vegetable juice	6.3	
Orange, Pineapple, Prune, Tomato, and Tangerine)	No. 2-1/2 can (25-1/2 fl oz)	12.7	1/4 cup fruit or vegetable juice	7.9	
Juices, frozen ⁷ Concentrated, any fruit (such as Apple, Grape, Grapefruit, Grapefruit-Orange, and Orange.	32 fl oz can (about 38 oz)	64.0	1 tablespoon concentrate (1/4 cup fruit juice)	1.6	32 fl oz can reconstituted = 16 cups (128 fl oz) Reconstitute 1 part juice concentrate with not more than 3 parts water
(1 part juice concentrate to 3 parts water) Includes USDA Commodity	6 fl oz can (about 7 oz)	12.0	1 tablespoon concentrate (1/4 cup fruit juice)	8.4	6 fl oz can reconstituted = 3 cups (24 fl oz)

⁶ According to the Food and Drug Administration, unpasteurized juice may contain harmful bacteria that may put children, pregnant women, the elderly, and persons with weakened immune systems at risk for serious illness or even death. Unpasteurized juice is normally found in the refrigerated section of grocery or health food stores or at cider mills or farm markets. Unpasteurized juice should have warning information on the label or on a nearby sign at the point of purchase. When serving juice, use only pasteurized juice. Pasteurized juice is normally found as frozen concentrated juice or in non-refrigerated shelf-stable containers, such as juice boxes, bottles, or cans. Pasteurized juice can also be found in the refrigerated sections of stores.

⁷The canned and frozen juices listed in Column 1 are usually available in the can sizes listed in Column 2.

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
KALE					
Kale, fresh Trimmed With stem	Pound	35.7	1/4 cup raw, chopped vegetable (no stem)	2.9	1 lb AP = 0.73 lb ready-to- cook, stemmed kale leaves
Ready-to-use	Pound	10.0	1/4 cup cooked, drained vegetable (no stem)	10.0	1 lb AP = 0.77 lb (about 2-1/2 cups) stemmed, chopped, cooked kale
Kale, fresh Trimmed Without stem	Pound	48.8	1/4 cup raw, chopped vegetable	2.1	1 lb AP = 1 lb ready-to-cook
without stem	Pound	13.7	1/4 cup cooked, drained vegetable	7.3	1 lb AP = 1.15 lb (about 3-3/8 cups) cooked, drained kale
Kale, fresh Untrimmed	Pound	11.8	1/4 cup cooked, drained vegetable	8.5	1 lb AP = 0.67 lb ready-to- cook kale
Kale, canned	No. 10 can (98 oz)	26.7	1/4 cup heated, drained vegetable	3.8	1 No. 10 can = about 49.6 oz (6-2/3 cups) heated, drained kale
	No. 10 can (98 oz)	40.2	1/4 cup drained vegetable	2.5	1 No. 10 can = about 58.0 oz (10 cups) drained kale
	No 2-1/2 can (27 oz)	7.35	1/4 cup heated, drained vegetable	13.7	1 No. 2-1/2 can = about 1-3/4 cups heated, drained kale
	No 2-1/2 can (27 oz)	11.0	1/4 cup drained vegetable	9.1	1 No. 2-1/2 can = about 15.9 oz (2-3/4 cups) drained, unheated kale
	Pound	4.35	1/4 cup heated, drained vegetable	23.0	
	Pound	6.56	1/4 cup drained vegetable	15.3	
Kale, frozen Chopped	Pound	12.1	1/4 cup cooked, drained vegetable	8.3	
Kale, frozen Whole leaf	Pound	9.50	1/4 cup cooked, drained vegetable	10.6	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
KIWI					
Kiwi, fresh 33-39 Count Whole	Pound	8.38	1/4 cup peeled fruit chunks	12.0	1 lb AP = 0.87 lb (about 2 cups) ready-to-serve peeled kiwi chunks
	Pound	10.6	1/4 cup unpeeled fruit chunks	9.5	1 lb AP = 0.99 lb (about 2-2/3 cups) ready-to-serve unpeeled kiwi chunks
	Pound	8.99	1/4 cup peeled fruit slices (about six 1/4-inch slices)	11.2	1 lb AP = 0.85 lb (about 2-1/4 cups) ready-to-serve peeled 1/4-inch kiwi slices
	Pound	11.6	1/4 cup unpeeled fruit slices (about six 1/4-inch slices)	8.7	1 lb AP = 0.99 lb (about 2-7/8 cups) ready-to-serve unpeeled 1/4-inch kiwi slices
	Pound	10.8	1/4 cup unpeeled fruit halves (about 2 halves or 3/4 of a whole kiwi)	9.3	1 lb AP = 0.99 lb ready-to- serve unpeeled kiwi halves
KOHLRABI					
Kohlrabi, fresh Untrimmed	Pound	5.10	1/4 cup cooked, drained vegetable	19.7	1 lb AP = 0.45 lb ready-to- cook, pared kohlrabi
Kohlrabi, fresh Whole With leaves and	Pound	9.30	1/4 cup raw peeled vegetable sticks	10.8	1 lb AP = 0.73 lb ready- to-serve or -cook, pared kohlrabi
stems	Pound	10.1	1/4 cup raw vegetable chunks	10.0	1 lb AP = 0.82 lb (about 2-1/2 cups) ready-to-serve or -cook, pared kohfrabi chunks
LEMONS					
Lemons, fresh Whole	Pound	3.10	1/4 cup fruit juice	32.3	1 lb AP = 0.43 lb (about 3/4) cup juice
LENTILS					
Lentils, dry	Pound	29.6	1/4 cup cooked lentils	3.4	1 lb dry = about 2-3/8 cup dry
	Pound	19.7	3/8 cup cooked lentils	5.1	
LETTUCE					
Lettuce, fresh Iceberg Head	Pound	22.2	1/4 cup raw, shredded vegetable	4.6	1 lb AP = 0.76 lb (about 5-1/2 cups) ready-to-serve shredded lettuce
Untrimmed	Pound	20.8	1/4 cup raw vegetable pieces	4.9	
	Pound	13.9	1/4 cup raw vegetable pieces with dressing	7.2	

Section 2—Ve	getables/	Fruits			
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
LETTUCE (conti	nued)				
Lettuce, fresh Leaf Untrimmed	Pound	21.7	1/4 cup raw vegetable pieces	4.7	1 lb AP = 0.66 lb ready-to- serve raw lettuce
	Pound	14.5	1/4 cup raw vegetable pieces with dressing	6.9	
Lettuce, fresh Iceberg Head Cleaned and cored Ready-to-use	Pound	29.2	1/4 cup raw vegetable pieces	3.5	1 lb AP = 1 lb (about 7-1/3 cups) ready-to-serve raw lettuce
Lettuce, fresh Salad mix (mostly Iceberg, some Romaine with shredded Carrot and Red Cabbage)	Pound	26.4	1/4 cup raw vegetable pieces	3.8	1 lb AP = 1 lb (about 6-1/2 cups) ready-to-serve raw lettuce
Lettuce, fresh Mixed greens (equal amounts of Iceberg and Romaine with shredded Carrots and Red Cabbage)	Pound	25.7	1/4 cup raw vegetable pieces	3.9	1 lb AP = 1 lb (about 6-3/8 cups) ready-to-serve raw lettuce
Lettuce, fresh Romaine Untrimmed	Pound	31.3	1/4 cup raw vegetable pieces	3.2	1 lb AP = 0.64 lb ready-to- serve raw lettuce
onummeu	Pound	20.9	1/4 cup raw vegetable pieces with dressing	4.8	
LIMES				MAGIS	
Limes, fresh Whole	Pound	3.50	1/4 cup fruit juice	28.6	1 lb AP = 0.47 lb (about 7/8 cup) juice
MALANGA (TAR	(0)				
Malanga (Taro), fresh Whole	Pound	11.2	1/4 cup raw, peeled, diced vegetable	9.0	1 lb AP = 0.89 lb (about 2-3/4 cups) ready-to-cook, peeled, diced taro
	Pound	7.95	1/4 cup peeled, diced, cooked vegetable	12.6	1 lb AP = 1.07 lb (about 1-7/8 cups) cooked, peeled diced vegetable

Section 2—Ve	getables/	Fruits			· · · · · · · · · · · · · · · · · · ·
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
MANGOES			,		
Mangoes, fresh Whole	Pound	7.60	1/4 cup cubed or sliced fruit	13.2	1 lb AP = 0.69 lb ready-to- serve raw mango
MIRLITON (see	CHAYOTE)				
MUSHROOMS					
Mushrooms, fresh Whole	Pound	18.7	1/4 cup raw, sliced vegetable	5.4	1 lb AP = 0.98 lb ready-to- cook mushrooms
	Pound	8.30	1/4 cup sliced, cooked, drained vegetable	12.1	1 lb AP = 0.43 lb cooked, sliced mushrooms
Mushrooms, fresh Slices Ready-to-use	Pound	18.5	1/4 cup sliced vegetable (about 7 slices)	5.5	1 lb AP = 1 lb (about 4-5/8 cups) ready-to-serve mushrooms
Mushrooms, canned	No. 10 can (68 oz drained weight)	49.4	1/4 cup drained vegetable	2.1	1 No. 10 can = 12-1/3 cups drained mushrooms
	Pound (drained weight)	11.6	1/4 cup drained vegetable	8.7	=
	No. 300 can (8 oz drained weight)	5.80	1/4 cup drained vegetable	17.3	1 No. 300 can = about 1-1/2 cups drained mushrooms
Mushrooms, frozen Slices	Pound	12.2	1/4 cup tempered vegetable	8.2	1 lb AP = 0.90 lb (about 3 cups) ready-to-serve, tempered mushrooms
MUSTARD GRE	ENS				
Mustard greens, fresh Trimmed	Pound	49.2	1/4 cup raw vegetable pieces	2.1	1 lb AP = 0.99 lb (about 12-1/8 cups) ready-to-serve or -cook greens
Without stems	Pound	14.1	1/4 cup cooked, drained vegetable	7.1	
Mustard greens, fresh Untrimmed	Pound	13.2	1/4 cup cooked, drained vegetable	7.6	1 lb AP = 0.93 lb ready-to- cook greens

A Food Ac	O Durch acc	O Comban	A Comming Ci	E p	O A L I''
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
MUSTARD GREE	ENS (contin	ued)			
Mustard Greens, canned	No. 10 can (101 oz)	31.0	1/4 cup drained vegetable	3.3	1 No. 10 can = about 61.0 oz (7-3/4 cups) drained greens
	No. 10 can (101 oz)	20.3	1/4 cup heated, drained vegetable	5.0	1 No. 10 can = about 40.1 oz (5 cups) drained greens
	No. 2-1/2 can (27 oz)	11.8	1/4 cup drained vegetable	8.5	1 No. 2-1/2 can = about 15.9 oz (2-3/4 cups) drained greens
7.5	No. 300 can (14-1/2 oz)	3.81	1/4 cup drained vegetable	26.3	
	No. 300 can (14-1/2 oz)	2.74	1/4 cup heated, drained vegetable	36.5	
Mustard Greens, frozen Chopped	Pound	11.6	1/4 cup cooked, drained vegetable	8.7	
Mustard Greens, frozen Leaf	Pound	12.3	1/4 cup cooked, drained vegetable	8.2	
NECTARINES			在原理的关系		
Nectarines, fresh All sizes	Pound	10.7	1/4 cup unpeeled, diced fruit	9.4	1 lb AP = 0.88 lb ready-to- serve unpeeled, 1/2-inch nectarine slices
Nectarines, fresh Size 88-96 (2-1/4 inch diameter)	Pound	4.40	1 whole, raw nectarine (about 1/2 cup fruit)	22.8	
Whole	Pound	8.80	1/4 cup fruit and juice (about 1/2 nectarine)	11.4	
Nectarines, fresh Size 56-64 (2-3/4 inch diameter)	Pound	3.05	1 whole, raw nectarine (about 3/4 cup fruit)	32.8	
Whole	Pound	9.15	1/4 cup fruit and juice (about 1/3 nectarine)	11.0	

Section 2—Ve	getables/	Fruits			
1 Food As Purchased, AP	2 Purchase Unit	Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
OKRA					
Okra, fresh Whole	Pound	9.70	1/4 cup cooked, drained whole vegetable	10.4	1 lb AP = 0.87 lb ready-to- cook okra
	Pound	9.00	1/4 cup cooked, drained sliced vegetable	11.2	
Okra, canned Cut	No. 10 can (99 oz)	38.8	1/4 cup heated, drained vegetable	2.6	1 No. 10 can = about 60.0 oz (10-1/8 cups) drained okra
	Pound	6.20	1/4 cup heated, drained vegetable	16.2	
	No. 300 can (14 oz)	4.58	1/4 cup heated, drained vegetable	21.9	1 No. 300 can = about 7.1 oz (1-1/8 cups) drained okra
Okra, frozen Cut	Pound	9.10	1/4 cup cooked, drained vegetable	11.0	
Okra, frozen Whole	Pound	11.8	1/4 cup cooked, drained vegetable	8.5	
OLIVES					
Olives, canned Green Stuffed	No. 10 can (72 oz drained weight)	55.5	1/4 cup drained vegetable	1.9	
	Pound (drained weight)	12.3	1/4 cup drained vegetable	8.2	
Olives, canned Green Whole With pits	1 gal (65 oz drained weight)	60.4	1/4 cup whole, pitted vegetable (about 14 small olives)	1.7	1 gallon = about 848 olives
	Pound (drained weight)	14.8	1/4 cup pitted vegetable	6.8	
Olives, canned Green Whole Pitted	1 gal (69 oz drained weight)	63.9	1/4 cup whole vegetable (about 14 small olives)	1.6	1 gallon = about 16 cups drained or 847 olives

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
OLIVES (continu	ued)				
Olives, canned Ripe Pitted Large Whole	No. 10 can (50 oz drained weight)	48.0	1/4 cup whole vegetable (about 8 large olives)	2.1	1 No. 10 can = about 380 olives
	No. 10 can (50 oz drained weight)	42.0	1/4 cup chopped vegetable	2.4	
	Pound (drained weight)	15.3	1/4 cup whole vegetable	6.6	
	Pound (drained weight)	12.9	1/4 cup chopped vegetable	7.8	
Olives, canned Ripe Sliced	No. 10 can (103 oz net)	47.9	1/4 cup sliced vegetable	2.1	1 No. 10 can = about 56.0 oz (11-7/8 cups) drained olives
Olives, frozen Ripe 1/4-inch slices	Pound	14.9	1/4 cup tempered vegetable slices	6.8	1 lb AP = 0.99 lb (about 3-2/3 cups) ready-to-serve tempered olives
ONIONS, GREE	V				
Onions, Green, fresh Whole	Pound	15.0	1/4 cup raw vegetable, with tops	6.7	1 lb AP = 0.83 lb ready-to- serve raw onions with tops
	Pound	13.8	1/4 cup cooked with tops	7.3	
	Pound	6.70	1/4 cup raw, chopped or sliced vegetable without tops	15.0	1 lb AP = 0.37 lb ready-to- serve, raw onions without tops
ONIONS, MATU	RE				
Onions, Mature, fresh All sizes	Pound	9.30	1/4 cup raw, chopped vegetable	10.8	1 lb AP = 0.88 lb ready-to- cook or -serve raw onion
Whole	Pound	14.2	1/4 cup raw, sliced vegetable	7.1	
	Pound	7.90	1/4 cup cooked vegetable pieces	12.7	1 lb AP = 0.78 lb cooked onion
	Pound	7.10	1/4 cup cooked, whole vegetable	14.1	

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
ONIONS MATUR	RE (continue	ed)			
Onions, Mature, fresh Yellow Jumbo Whole	Pound	5.70	1/4 cup sliced, grilled vegetable	17.6	1 lb AP = 0.65 lb (about 1-3/8 cups) peeled, sliced, cooked onion Jumbo = 3-inch diameter and over
Onions, Mature, fresh Diced Ready-to-use	Pound	12.6	1/4 cup diced, raw vegetable	8.0	1 lb AP = 1 lb (about 3-1/8 cups) ready-to-serve or -cook raw, 1/4-inch diced onion
Onions, Mature, fresh Sliced Ready-to-use	Pound	12.7	1/4 cup sliced, raw vegetable	7.9	1 lb AP = 1 lb ready-to-serve or -cook onion
Onions, Mature, canned Whole	No. 10 can (105 oz)	26.6	1/4 cup heated vegetable	3.8	1 No. 10 can = about 55.8 oz (6-2/3 cups) heated, drained onion
	Pound	4.90	1/4 cup heated, drained vegetable	20.5	
	15 oz jar	5.10	1/4 cup vegetable (about 5 onions)	19.7	15 oz jar = about 9.0 oz (1-1/4 cups) drained or about 23 onions
Onions, Mature, frozen Chopped	Pound	7.92	1/4 cup thawed vegetable	12.7	1 lb AP = 0.80 lb (about 1-7/8 cups) ready-to-cook thawed onion
	Pound	5.94	1/4 cup cooked vegetable	16.9	1 lb AP = 0.67 lb (about 1-3/8 cups) cooked onion
Onions, Mature, dehydrated Chopped	Pound	49.9	1/4 cup rehydrated, cooked vegetable	2.1	1 lb dry = about 4-2/3 cups dehydrated onion
споррец	Pound	18.7	1/4 cup uncooked, rehydrated vegetable	5.4	
ORANGES					
Oranges, fresh All sizes Whole	Pound	3.50	1/4 cup fruit sections membrane removed, drained	28.6	1 lb AP = 0.40 lb ready-to- serve oranges
Includes USDA Commodity	Pound	3.60	1/4 cup fruit juice	27.8	1 lb AP = 0.48 lb (7/8 cup) juice

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
ORANGES (con	tinued)				
Oranges, fresh 138 count Arizona or California	Pound	3.40	1 orange (about 1/2 cup fruit and juice)	29.5	
Whole	Pound	6.80	1/4 cup fruit and juice (about 1/2 orange)	14.8	
Dranges, fresh 125 count Florida or Texas	Pound	2.90	1 orange (about 5/8 cup fruit and juice)	34.5	
Whole	Pound	7.02	1/4 cup fruit and juice (about 1/2 orange)	14.3	1 lb AP = about 0.76 lb (1-3/4 cups) ready-to-serve peeled orange
Oranges, fresh 113 count	Pound	2.80	1 orange (about 5/8 cup fruit and juice)	35.8	
Arizona or California Whole	Pound	5.60	1/4 cup fruit and juice (about 1/2 orange)	17.9	
Oranges, canned Mandarin	Pound	7.30	1/4 cup fruit and juice	13.7	1 lb AP = about 0.61 lb (about 1-1/2 cups) drained oranges
PAPAYA					
Papaya, fresh Whole	Pound	8.60	1/4 cup cubed fruit	11.7	1 lb AP = about 0.67 lb ready-to-serve papaya
	Pound	5.10	1/4 cup mashed fruit	19.7	
Papaya, frozen Puree	30 oz container	12.8	1/4 cup fruit puree	7.9	30 oz container = about 3-1/4 cups thawed papaya puree
	Pound	7.21	1/4 cup fruit puree	13.9	1 lb AP = about 1-3/4 cups thawed papaya puree
PARSLEY		NO. SECTION			
Parsley, fresh Curly	Pound	83.4	1/4 cup chopped, raw vegetable	1.2	1 lb AP = 0.92 lb ready-to- serve raw parsley
PARSNIPS					
Parsnips, fresh Whole	Pound	8.10	1/4 cup cooked, drained vegetable pieces	12.4	1 lb AP = 0.83 lb ready-to- cook parsnips
	Pound	7.20	1/4 cup cooked, drained, mashed vegetable	13.9	

Section 2—Ve					
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PASSION FRUIT	· · · · · · · · · · · · · · · · · · ·				
Passion Fruit, fresh Whole	Pound	3.45	1/4 cup juice and pulp (no seeds)	29.0	1 lb AP = 0.45 lb (about 1-3/4 cups) ready-to-serve seedless, raw passion fruit juice and pulp
PEACHES					
Peaches, fresh Size 88 and 84 (small)	Pound	5.50	1 whole, raw, small peach (about 3/8 cup fruit)	18.2	
(2-1/8 inch diameter) Whole	Pound	8.25	1/4 cup fruit (about 2/3 peach)	12.2	
Peaches, fresh Size 80	Pound	4.50	1 whole, raw peach (about 1/2 cup fruit)	22.3	
Whole	Pound	9.00	1/4 cup fruit (about 1/2 peach)	11.2	
	Pound	10.7	1/4 cup raw, sliced fruit (about 3 slices, 1/2-inch thick slices)	9.4	1 lb AP = 0.93 lb (about 2-2/3 cups) ready-to-serve unpeeled, pitted, sliced peach
	Pound	10.2	1/4 cup raw, diced fruit	9.9	1 lb AP = 0.93 lb (about 2-1/2 cups) ready-to-serve unpeeled, pitted, diced peach
Peaches, fresh Size 64 & 60 (medium) (2-1/2 inch diameter)	Pound	3.50	1 whole raw peach (about 2/3 cup fruit)	28.6	1 lb AP = 0.76 lb ready-to- cook or -serve unpeeled, pitted raw peach
Whole	Pound	7.00	1/4 cup fruit (about 1/2 peach)	14.7	
	Pound	5.10	1/4 cup raw, diced fruit	19.7	
	Pound	7.70	1/4 cup raw, sliced fruit	13.0	
	Pound	7.40	1/4 cup cooked, sliced fruit, sugar added	13.6	

Section 2—Vegetables/Fruits								
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information			
PEACHES (cont	tinued)							
Peaches, fresh Size 56 Whole	Pound	2.89	1 whole raw peach (about 3/4 cup fruit)	34.7	1 lb AP = 0.96 lb (about 2-2/3 cups) ready-to-serve unpeeled, pitted, diced peach			
	Pound	8.67	1/4 cup fruit (about 1/3 peach)	11.6				
Peaches, canned Cling Diced	No. 10 can (106 oz)	48.6	1/4 cup fruit and juice	2.1	1 No. 10 can = about 12-1/8 cups fruit and juice			
Light syrup pack Includes USDA Commodity	No. 10 can (106 oz)	35.4	1/4 cup drained fruit	2.9	1 No. 10 can = about 79.0 oz (8-3/4 cups) drained peaches			
	No. 2-1/2 can (29 oz)	13.3	1/4 cup fruit and juice	7.6	1 No. 2-1/2 can = about 3-1/3 cups peaches and juice			
	No. 2-1/2 can (29 oz)	9.10	1/4 cup drained fruit	11.0	1 No. 2-1/2 can = about 17.5 oz (2-1/4 cups) drained peaches			
	Pound	7.33	1/4 cup fruit and juice	13.7	1 lb AP = about 9.8 oz (1-1/4 cups) drained peaches			
	Pound	5.34	1/4 cup drained fruit	18.8				
Peaches, canned Cling or Freestone Halves Includes USDA Commodity	No. 10 can (106 oz)	47.1	1/4 cup fruit and juice (about 1 peach half with juice)	2.2	1 No. 10 can = about 64.0 oz (8-1/8 cups) drained clings or about 60.0 oz (6-2/3 cups) drained Freestones			
	No. 2-1/2 can (29 oz)	12.9	1/4 cup fruit and juice	7.8	1 No. 2-1/2 can = about 17.0 oz (2-1/8 cups) drained clings or about 15.7 oz (2 cups) drained Freestones			
	No. 300 can (15 oz)	6.36	1/4 cup fruit and juice	15.8				

Section 2—Vegetables/Fruits								
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information			
PEACHES (cont	inued)							
Peaches, canned Cling Sliced Packed in light syrup	No. 10 can (105 oz)	50.0	1/4 cup fruit and juice	2.0	1 No. 10 can = about 105.0 oz (12-1/2 cups) fruit and juice			
Includes USDA Commodity	No. 10 can (105 oz)	36.1	1/4 cup drained fruit	2.8	1 No. 10 can = about 72.0 oz (9 cups) drained peaches			
Peaches, canned Cling Quarters Includes USDA Commodity	No. 10 can (106 oz)	48.5	1/4 cup fruit and juice	2.1	1 No. 10 can = about 71.0 oz (9-7/8 cups) drained peaches			
Peaches, canned Freestone Sliced Includes USDA	No. 10 can (106 oz)	47.5	1/4 cup fruit and juice	2.2	1 No. 10 can = about 60.0 oz (6-3/4 cups) drained Freestones			
Commodity	No. 2-1/2 can (29 oz)	13.0	1/4 cup fruit and juice	7.7	1 No. 2-1/2 can = about 15.7 oz (2 cups) drained Freestones			
	No. 300 can (16 oz)	6.40	1/4 cup fruit and juice	15.7	1 No. 300 can = about 8.1 oz (3/4 cup) drained Freestones			
Peaches, canned Spiced Whole	Pound	2.70	2 small peaches (about 1/4 cup pitted fruit)	37.1	1 lb AP = 0.34 lb drained, pitted peaches			
Peaches, frozen Diced Sweetened	No. 12 tub (136 oz)	64.0	1/4 cup thawed fruit and juice	1.6	1 No. 12 tub = about 136.0 oz (16 cups) thawed peaches and juice			
	No. 12 tub (136 oz)	47.9	1/4 cup thawed, drained fruit	2.1	1 No. 12 tub = about 102.4 oz (12 cups) thawed, drained fruit			
	Pound	7.47	1/4 cup thawed fruit and juice	13.4	1 lb AP = 1 lb (about 1-3/4 cups) thawed fruit and juice			
	Pound	5.60	1/4 cup thawed, drained fruit	17.9	1 lb AP = 0.72 lb (about 1-3/8 cups) thawed, drained fruit			

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PEACHES (cont	inued)				国际的基础是
Peaches, frozen Sliced Sweetened or	Pound	7.34	1/4 cup thawed fruit and juice	13.7	1 lb AP = about 1-3/4 cups thawed peaches and juice
Unsweetened Includes USDA Commodity	Pound	5.46	1/4 cup thawed, drained fruit	18.4	1 lb AP = 0.97 lb (about 1-1/3 cups) thawed, drained peaches
	Pound	7.10	1/4 cup cooked fruit	14.1	
	20 lb Bag	147.4	1/4 cup thawed fruit and juice	0.68	20 lb Bag = about 36-7/8 cups thawed peaches and juice
	20 lb Bag	109.3	1/4 cup thawed, drained fruit	0.92	20 lb Bag = about 27-1/3 cups thawed, drained peaches
	20 lb bag	142.0	1/4 cup cooked fruit	0.71	
Peaches, dehydrated Halves	Pound	12.7	1/4 cup dehydrated fruit	7.9	1 lb AP = about 3-1/8 cups ready-to-serve dehydrated peach halves
	Pound	22.9	1/4 cup cooked fruit and juice	4.4	
PEARS					
Pears, fresh All sizes Whole	Pound	7.90	1/4 cup raw, pared, sliced fruit	12.7	
Includes USDA Commodity	Pound	5.70	1/4 cup cooked, pared, fruit halves, sugar added	17.6	
Pears, fresh 150 count Whole	Pound	4.10	1 whole, raw pear (about 1/2 cup fruit)	24.4	1 lb AP = 0.92 lb ready-to- cook or -serve raw, unpared pears
Pears, fresh 120 count Whole	Pound	3.30	1 whole, raw, medium pear (about 3/4 cup fruit)	30.4	
	Pound	7.10	1/4 cup raw, pared, cubed fruit	14.1	1 lb AP = 0.78 lb ready-to- cook or -serve raw, pared pears
Pears, fresh 100 count D'Anjou or Bosc or Bartlett Whole	Pound	2.29	1 whole, raw pear (about 1-1/4 cups fruit and juice)	43.7	1 lb AP = 0.94 lb (about 3 cups) ready-to-cook or -serve raw, cored, wedged pear

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PEARS (continu	ed)				
Pears, canned Diced Packed in juice or light syrup	No. 10 can (106 oz)	47.6	1/4 cup fruit and juice	2.2	1 No. 10 can = about 66.0 oz (9-1/2 cups) drained pears
ncludes USDA Commodity	No. 2-1/2 can (29 oz)	13.1	1/4 cup fruit and juice	7.7	1 No. 2-1/2 can = about 18.4 oz (2-5/8 cups) drained pears
	Pound	7.20	1/4 cup fruit and juice	13.9	1 lb AP = about 10.2 oz (1-1/2 cups) drained pears
Pears, canned Halves Packed in juice or	No. 10 can (105 oz)	52.0	1/4 cup fruit and juice (about 1 pear half with juice)	2.0	1 No. 10 can = about 62.0 oz (7-3/4 cups) drained pears
light syrup Includes USDA Commodity	No. 2-1/2 can (29 oz)	14.3	1/4 cup fruit and juice (about 1 pear half with juice)	7.0	1 No. 2-1/2 can = about 15.8 oz (2 cups) drained pears
	No. 300 can (15 oz)	7.02	1/4 cup fruit and juice (about 1 pear half with juice)	14.3	1 No. 300 can = about 7.3 oz (3/4 cup) drained pears
Pears, canned Sliced Packed in juice or light syrup	No. 10 can (105 oz)	49.7	1/4 cup fruit and juice	2.1	1 No. 10 can = about 12-3/8 cups pears and juice
Includes USDA Commodity	No 10 can (105 oz)	29.5	1/4 cup drained fruit	3.4	1 No. 10 can = about 59.6 oz (7-3/8 cups) drained pears
Pears, dehydrated Regular moisture Halves	Pound	10.7	1/4 cup dehydrated fruit (about 2-1/2 halves)	9.4	1 lb AP = about 2-2/3 cups or 22 dehydrated pear halves
	Pound	20.3	1/4 cup cooked fruit and juice	5.0	
PEAS, BLACKE	YED (see Bl	EANS, BLAC	KEYED)		
PEAS, CHINESE	SNOW				
Peas, Chinese Snow, frozen Edible podded Whole	Pound	11.4	1/4 cup cooked, drained vegetable	8.8	

Section 2—Ve		1 -			
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PEAS, FIELD					
Peas, Field, canned With snaps	No. 10 can (111 oz)	37.6	1/4 cup heated, drained vegetable	2.7	1 No. 10 can = about 72.3 oz (9-3/8 cups) heated, drained field peas with snaps
	No. 10 can (111 oz)	46.3	1/4 cup drained vegetable	2.2	1 No. 10 can = about 85.5 oz (11-1/2 cups) drained, unheated field peas with snaps
	No. 300 can (15 oz)	5.12	1/4 cup heated, drained vegetable	19.6	1 No. 300 can = about 7.95 oz (1-1/4 cups) heated, drained field peas with snaps
	No. 300 can (15 oz)	5.59	1/4 cup drained vegetable	17.9	1 No. 300 can = about 8.52 oz (1-3/8 cups) drained, unheated field peas with snaps
PEAS, GREEN					
Peas, Green, fresh Shelled	Pound	10.6	1/4 cup cooked, drained vegetable	9.5	1 lb in pod = 0.38 lb ready- to-cook peas
Peas, Green, canned Includes USDA Commodity	No. 10 can (106 oz)	36.7	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 68.0 oz (9-1/8 cups) heated, drained peas
	No. 10 can (106 oz)	42.0	1/4 cup drained vegetable (unheated, for salads)	2.4	1 No. 10 can = about 10-1/5 cups drained, unheated peas
	No. 300 can (15-1/4 oz)	4.95	1/4 cup heated, drained vegetable	20.3	
	No. 300 can (15-1/4 oz)	5.67	1/4 cup drained vegetable (unheated, for salads)	17.7	
Peas, Green, frozen Includes USDA Commodity	Pound	9.59	1/4 cup cooked, drained vegetable	10.5	1 lb AP = 0.98 lb (about 2-3/8 cups) cooked, drained peas
Peas, Green, dry Whole	Pound	25.6	1/4 cup cooked vegetable	4.0	1 lb dry = about 2-1/3 cups dry peas
Peas, Green, dry Split Includes USDA Commodity	Pound	23.1	1/4 cup cooked vegetable	4.4	1 lb dry = about 2-1/4 cups dry, split peas

Section 2—Vegetables/Fruits								
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information			
PEAS, PIGEON,	GREEN							
Peas, Pigeon, Green, frozen Immature	Pound	10.6	1/4 cup cooked, drained vegetable	9.5	1 lb AP = 0.96 lb (about 2-2/3 cups) cooked, drained peas			
PEAS, SUGAR S	NAP							
Peas, Sugar Snap, frozen Whole	Pound	9.78	1/4 cup cooked, drained vegetable	10.3	1 lb AP = 1 lb (about 2-3/8 cups) cooked, drained peas			
PEAS AND CAR	ROTS							
Peas and Carrots, canned	No. 10 can (105 oz)	41.3	1/4 cup heated, drained vegetable	2.5	1 No. 10 can = about 66.0 oz (11-1/2 cups) drained, unheated vegetable			
	Pound	6.30	1/4 cup heated, drained vegetable	15.9				
Peas and Carrots, frozen	Pound	10.9	1/4 cup cooked, drained vegetable	9.2				
PEPPEROCINI								
Pepperocini, canned <i>Whole</i>	1 gal (72 oz drained weight)	64.0	1/4 cup drained vegetable	1.6	1 gallon container = about 207 pepperocini			
PEPPERS, BELL								
Peppers, Bell, fresh Green or Red	Pound	9.70	1/4 cup chopped or diced, raw vegetable	10.4	1 lb AP = 0.80 lb ready-to- serve or -cook raw pepper			
Medium or Large Whole	Pound	14.7	1/4 cup raw vegetable strips	6.9	1 lb AP = 0.73 lb cooked pepper			
	Pound	9.80	1/4 cup cooked, drained vegetable strips	10.3				
Peppers, Bell, frozen Green or Red Diced	Pound	12.1	1/4 cup thawed vegetable	8.3	1 lb AP = 1 lb (about 3 cups) thawed peppers			
Diceu	Pound	7.30	1/4 cup cooked, drained vegetable	13.7				

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PEPPERS, BEL	L (continued)			
Peppers, Bell, dehydrated Diced	Pound	99.2	1/4 cup rehydrated, cooked vegetable	1.1	1 lb dry = about 9-1/4 cups dehydrated pepper
constitution	Pound	38.6	1/4 cup dehydrated vegetable	2.6	
PEPPERS, CHE	RRY		Real Street		
Peppers, Cherry, fresh Whole with stem	Pound	14.4	1/4 cup raw vegetable (about 3 peppers)	7.0	1 lb AP = 0.95 lb (about 3-1/2 cups) ready-to-serve or -cook raw pepper
PEPPERS, GRE	EN CHILIES				
Peppers, Green Chilies, fresh Anaheim Whole with stem	Pound	11.4	1/4 cup chopped, seeded, raw vegetable	8.8	1 lb AP = 0.80 lb (about 2-3/4 cups) ready-to-serve raw, stemmed, seeded, chopped chili pepper
Peppers, Green Chilies, fresh Jalapeño Whole with stem	Pound	15.6	1/4 cup raw vegetable (about 2 peppers)	6.5	1 lb AP = 0.98 lb (about 3-7/8 cups) ready-to-serve raw, whole peppers
Peppers, Green Chilies, canned Chopped	No. 10 can (103 oz)	51.4	1/4 cup heated vegetable	2.0	1 No. 10 can = about 12-7/8 cups drained peppers
	No. 10 can (99 oz)	47.1	1/4 cup unheated vegetable	2.2	1 No. 10 can = about 11-3/4 cups peppers
	Pound	7.98	1/4 cup heated vegetable	12.6	
Peppers, Green Chilies, canned Jalapeño Slices	No. 10 can (106 oz)	46.2	1/4 cup drained vegetable slices	2.0	1 No. 10 can = about 64.4 oz (11-1/2 cups) drained peppers
Peppers, Green Chilies, canned Jalapeño Whole	No. 10 can (96 oz)	35.0	1/4 cup drained, whole vegetable	2.9	1 No. 10 can = about 60.0 oz (8-3/4 cups) drained peppers

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PERSIMMONS					
Persimmons, fresh Japanese Fuyu Whole	Pound	11.7	1/4 cup unpeeled, diced raw fruit	8.6	1 lb AP = 0.98 lb (about 2-7/8 cups) ready-to- serve raw, 1/2-inch diced, unpeeled persimmon
	Pound	15.7	1/4 cup unpeeled, raw fruit wedges	6.4	1 lb AP = 0.98 lb (about 3-7/8 cups) ready-to-serve raw, unpeeled persimmon wedges
PICKLES					
Pickles, canned Chips	1 Quart (about 20 oz drained weight)	13.9	1/4 cup drained vegetable	7.2	1 quart container = about 3-1/2 cups drained or 52 pickle chips
	1 gal (about 87 oz drained weight)	60.3	1/4 cup drained vegetable	1.7	
	Pound (drained weight)	11.1	1/4 cup drained vegetable	9.1	
Pickles, canned Spears Medium size 4.75 x 0.75 x 1.5-inches	24 oz jar (about 15.4 oz drained weight)	8.80	1/4 cup drained vegetable (about 1-1/4 spears)	11.4	24 oz container = about 2-1/4 cups chopped, drained or 11 whole pickle spears
Pickles, canned Whole	1 gal (about 87 oz drained weight)	55.2	1/4 cup whole vegetable (about: 3-3/4 gherkins-small, 1-1/4 gherkins-large, 1 small pickle, 1/2 medium pickle, 1/3 large pickle, 1/4 extra large pickle)	1.9	Length of pickles: gherkins = 2 - 2-3/4 inch, small = 2-3/4 - 3-1/2 inch medium = 3-1/2 - 4 inch, large = 4 - 4-3/4 inch, extra-large = 4-3/4 - 5-1/4 inch
	1 gal (about 87 oz drained weight)	84.4	1/8 cup length-wise sliced vegetable	1.2	
	1 gal (about 87 oz drained weight)	108.0	1/8 cup chopped vegetable	1.0	

Section 2—Ve	T	T .	A Coming Cine	E Danahasa	O Additional
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PIMIENTOS (PI	MENTOS)				
Pimientos, canned Chopped or Diced	No. 10 can (102 oz)	40.7	1/4 cup drained vegetable	2.5	1 No. 10 can = about 74.0 oz (10-1/8 cups) drained pimientos
	No. 2-1/2 can (27-1/2 oz)	8.39	1/4 cup drained vegetable	12.0	1 No. 2-1/2 can = about 17.6 oz (2 cups) drained pimientos
	Pound	6.40	1/4 cup drained vegetable	15.7	
Pimientos, canned Whole	No. 10 can (102 oz)	38.5	1/4 cup drained, chopped vegetable	2.6	1 No. 10 can = about 71.0 oz (9-3/4 cups) drained pimientos
	No. 2-1/2 can (28 oz)	11.0	1/4 cup drained, chopped vegetable	9.1	1 No. 2-1/2 can = about 20.2 oz (2-3/4 cups) drained pimientos
	No. 300 can (13-3/4 oz)	4.97	1/4 cup drained vegetable	20.2	1 No. 300 can = about 9.2 oz (1-1/8 cups) drained pimientos
	7 oz can	2.80	1/4 cup drained, chopped vegetable	35.8	7 oz can = about 5.2 oz (2/3 cup) drained pimientos
	Pound	6.03	1/4 cup drained, chopped vegetable	16.6	
PINEAPPLE					
Pineapple, fresh Whole	Pound	6.40	1/4 cup raw, cubed fruit	15.7	1 lb AP = 0.54 lb ready-to- serve raw pineapple
	Pound	4.61	1/4 cup raw sticks (about 3 sticks, 1/2-inch by 3-inch sticks)	21.7	1 lb AP = 0.57 lb (about 1-1/8 cups) ready-to-serve 1/2-inch by 3-inch pineapple sticks
	Pound	7.50	1/4 cup fruit and juice	13.4	

1 Food As	Purchase	2 Servings	5 Purchase	6 Additional	
Purchased, AP	2 Unit	per Purchase Unit, EP	4 Serving Size per Meal Contribution	Units for 100 Servings	Information
PINEAPPLE (co	ntinued)				
Pineapple, canned Chunks Packed in juice or light syrup	No. 10 can (106 oz)	49.9	1/4 cup fruit and syrup	2.1	1 No. 10 can = about 12-3/8 cups pineapple and juice
Includes USDA Commodity	No. 10 can (106 oz)	31.8	1/4 cup drained fruit	3.2	1 No. 10 can = about 64.6 oz (8 cups) drained pineapple
	No. 2 can (20 oz)	9.40	1/4 cup fruit and syrup	10.7	1 No. 2 can = about 12.4 oz (1-7/8 cups) drained pineapple
	Pound	7.53	1/4 cup fruit and juice	13.3	
Pineapple, canned Crushed Packed in juice or	No. 10 can (106 oz)	49.5	1/4 cup fruit and juice	2.1	1 No. 10 can = about 12-3/8 cups pineapple and juice
light syrup Includes USDA Commodity	No. 10 can (106 oz)	36.1	1/4 cup drained fruit	2.8	1 No. 10 can = about 75.6 oz (9 cups) drained pineapple
	No. 2 can (20 oz)	9.20	1/4 cup fruit and juice	10.9	1 No. 2 can = about 13.8 oz (2 cups) drained pineapple
	Pound	7.56	1/4 cup fruit and juice	13.3	
Pineapple, canned Slices Packed in juice or light syrup	No. 10 can (107 oz)	47.5	1/4 cup fruit and juice	2.2	1 No. 10 can = about 62.0 oz (9-1/3 cups or 60 slices) drained pineapple
Ingrit syrup Includes USDA Commodity	No. 10 can (107 oz)	37.7	1/4 cup drained fruit (about 1-3/4 slices)	2.7	
	No. 2 can (20 oz)	8.87	1/4 cup fruit and juice	11.3	1 No. 2 can = about 13.0 oz (2 cups) drained pineapple
	No. 2 can (20 oz)	7.04	1/4 cup drained fruit	14.3	
	Pound	7.10	1/4 cup fruit and juice	14.1	
	Pound	5.63	1/4 cup drained fruit	17.8	
Pineapple, canned Tidbits Packed in juice or	No. 10 can (106 oz)	50.1	1/4 cup fruit and juice	2.0	1 No. 10 can = about 12 cups pineapple and juice
light syrup Includes USDA Commodity	No. 10 can (106 oz)	33.4	1/4 cup drained fruit	3.0	1 No. 10 can = about 67.3 oz (8-1/4 cups) drained pineapple

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PINEAPPLE (co	ntinued)				
Pineapple, frozen Chunks	Pound	7.30	1/4 cup thawed, drained fruit	13.7	1 lb AP = 0.61 lb (about 1-1/3 cups) thawed, drained pineapple
PLANTAIN					
Plantain, fresh Green	Pound	7.50	1/4 cup peeled, sliced, cooked fruit	13.4	1 lb = 0.62 lb ready-to-cook peeled, sliced plantains
Plantain, fresh <i>Ripe</i>	Pound	5.60	1/4 cup peeled, sliced, cooked fruit	17.9	1 lb = 0.65 lb ready-to-cook peeled, sliced plantains
PLUMS					
Plums, fresh Italian 1.5-inch by 2-inch Whole	Pound	9.32	1/4 cup quartered fruit (about 5 quarters)	10.8	1 lb AP = 0.93 lb (about 2-1/3 cups) ready-to-cook or -serve unpeeled, pitted, quartered, raw plum
Plums, fresh Purple, Red, or Black Size 45 & 50 2-inch diameter	Pound	4.99	1 whole, raw plum (about 1/2 cup fruit and juice)	20.1	1 lb AP = 0.98 lb (about 2-2/3 cups) ready-to-cook or -serve unpeeled, pitted, raw plum
Whole	Pound	10.7	1/4 cup fruit, quartered (about 2 quarters)	9.4	
Plums, fresh Japanese or Hybrid Size 60 & 65 Whole	Pound	6.40	1 whole, raw plum (about 3/8 cup fruit and juice)	15.7	1 plum = about 1-1/2 inch diameter
Plums, canned Purple or Red Halves Unpeeled	No. 10 can (105 oz)	49.2	1/4 cup fruit and juice	2.1	1 No. 10 can = about 12-1/8 cups plums and juice without pits
Unpeeled No pits Includes USDA Commodity	No. 10 can (105 oz)	24.7	1/4 cup drained fruit	4.1	1 No. 10 can = about 54.4 oz (6-1/8 cups) drained plums without pits

Section 2—Vegetables/Fruits **Additional** Purchase Serving Size per **Purchase** Food As Servings **Z** Unit Purchased, AP **Meal Contribution** Units Information per for 100 Purchase Unit, EP Servings PLUMS⁸ (continued) 48.5 2.1 No. 10 can 1/4 cup pitted fruit and 1 No. 10 can = aboutPlums, canned Purple or Red (106 oz) iuice 12 cups plums with pits and juice Unpeeled With pits 27.8 Whole No. 10 can 1/4 cup pitted drained fruit 3.6 1 No. 10 can = about 58.2 oz (6-7/8 cups) Includes USDA (106 oz) Commodity drained plums with pits No. 2-1/2 14.5 1/4 cup pitted fruit and 6.9 1 No. 2-1/2 can = about 16.5 oz (2 cups) drained can (30 oz) juice plums with pits Pound 7.32 1/4 cup pitted fruit and 13.7 1 lb AP = 8.8 oz (1 cup)drained plums with pits iuice 4.19 23.9 Pound 1/4 cup pitted drained fruit 2.2 Plums, dehydrated No. 10 can 46.0 1/4 cup fruit and juice 1 No. 10 can = about(Prunes), canned (108 oz)(about 4 prunes with juice) 57.0 oz (7-1/8 cups) With pits drained, pitted prunes 10.6 1/4 cup fruit and juice 9.5 25 oz jar = about 13.2 oz25 oz jar (1-2/3 cups) drained, pitted prunes Pound 6.81 1/4 cup fruit and juice 14.7 1.6 64.0 1/4 cup fruit puree 1 gallon (11 lb) = 16 cups Plums, dehydrated 1 gal (Prunes), canned⁸ (11 lb) dehydrated plum puree Paste or Puree 6.38 15.7 **USDA Commodity** Pound 1/4 cup fruit puree 1 lb AP = about 1-1/2 cups puree 1 lb dry = about 2-3/8 cups Plums, dehydrated Pound 9.60 1/4 cup dehydrated fruit 10.5 (Prunes) (about 6 medium prunes) dehydrated plums with pits Whole 12.9 1/4 cup cooked fruit and 7.8 Regular moisture Pound With pits iuice Plums, dehydrated Pound 10.6 1/4 cup dehydrated fruit 9.5 1 lb dry = about 2-2/3 cups (Prunes) (about 6 medium prunes) dehydrated plums without Whole pits Without pits **USDA** Commodity 14.7 1/4 cup cooked fruit and 6.9 Pound iuice

⁸ Plum puree cannot count as fruit when it is used to replace fat in a food item.

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
POI				SAGE AU	
Poi Undiluted	Pound	5.67	1/2 cup diluted	17.7	add 1 cup water to each 1 lb bag undiluted poi
	Pound	2.83	1 cup diluted	35.4	1 lb AP = 1.52 lb (about 2-3/4 cups) diluted ready- to-serve poi
POMEGRANATE			All States States		CARLO CONTRACTOR DE
Pomegranate, fresh Whole	Pound	2.70	1/4 cup juice and pulp (no seeds)	37.1	1 lb AP = 0.35 lb (about 2/3 cups) ready-to-serve peeled, raw pomegranate juice and pulp without seeds
	Pound	6.34	1/4 cup fruit kernels	15.8	1 lb AP = about 1-1/2 cups pomegranate kernels
POTATOES			No.		
Potatoes, fresh Red Whole	Pound	9.88	1/4 cup diced, cooked vegetable with skin	10.2	1 lb AP = 0.97 lb (about 2-3/8 cups) cooked potato
Potatoes, fresh White or Russet All sizes	Pound	8.90	1/4 cup pared, cooked, diced vegetable	11.3	1 lb AP = 0.74 lb baked potato without skin
Whole Includes USDA Commodity	Pound	8.40	1/4 cup pared, cooked, mashed vegetable	12.0	1 lb AP = 0.81 lb ready-to- cook pared potato
ooouty	Pound	9.90	1/4 cup pared, cooked, sliced vegetable	10.2	
	Pound	5.30	1/4 cup pared, cooked hash browns (1/4 cup vegetable)	18.9	
	Pound	9.70	1/4 cup diced, cooked vegetable with skin	10.3	1 lb AP = 0.99 lb (about 2-3/8 cups) cooked, unpeeled, diced potato
Potatoes, fresh White or Russet 120 Count (approx. 6 oz each)	Pound	2.66	1 whole, baked potato (about 1/2 cup vegetable)	37.6	1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin
Whole	Pound	6.53	1/4 cup baked vegetable with skin	15.4	

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
POTATOES (con	tinued)				
Potatoes, fresh White or Russet 100 Count (approx. 8 oz each)	Pound	2.00	1 whole, baked potato (about 3/4 cup vegetable)	50.0	1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin
Whole	Pound	6.76	1/4 cup baked vegetable with skin	14.8	
Potatoes, fresh White or Russet 80 Count (approx. 10 oz each)	Pound	1.60	1 whole baked potato (about 1 cup vegetable)	62.5	1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin
Whole	Pound	7.01	1/4 cup baked vegetable with skin	14.3	
Potatoes, canned Diced	No. 10 can (102 oz)	39.9	1/4 cup drained, unheated vegetable	2.6	1 No. 10 can = about 73.7 oz (9-7/8 cups) drained, unheated potato
Potatoes, canned Sliced	No. 10 can (102 oz)	44.2	1/4 cup drained, unheated vegetable	2.3	1 No. 10 can = about 74.6 oz (11 cups) drained, unheated potato
	No. 300 can (14-1/2 oz)	5.73	1/4 cup drained, unheated vegetable	17.5	1 No. 300 can = about 9.9 oz (1-3/8 cups) drained, unheated potato
Potatoes, canned Whole Small	No. 10 can (102 oz)	43.7	1/4 cup heated, drained vegetable	2.3	1 No. 10 can = about 10-7/8 cups heated, drained potato
	No. 10 can (102 oz)	43.4	1/4 cup drained, unheated, vegetable	2.4	1 No. 10 can = about 74.0 oz (10-3/4 cups) drained, unheated potato
	No 2-1/2 can (29 oz)	10.9	1/4 cup heated, drained vegetable	9.2	1 No. 2-1/2 can = about 17.7 oz (2-3/4 cups) drained potato
	No. 300 can (14-1/2 oz)	5.90	1/4 cup heated, drained vegetable	17.0	
Potatoes, frozen Diced Precooked	Pound	10.1	1/4 cup tempered, unheated vegetable	10.0	1 lb AP = 1 lb (about 2-1/2 cups) tempered potato
	Pound	8.97	1/4 cup cooked vegetable	11.2	1 lb AP = 0.83 lb (about 2-1/8 cups) cooked potato

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
POTATOES (cont	tinued)		BESTELL STATE		
Potatoes, frozen Shells	Pound	11.1	1/4 cup baked vegetable	9.1	1 lb AP = 0.90 lb baked potato shell
Potatoes, frozen Wedges USDA Commodity	Pound	11.9	1/4 cup baked vegetable	8.5	1 lb AP = 0.71 lb (about 2-7/8 cups) baked potato
ocen commonly	5 lb pkg	59.5	1/4 cup baked vegetable	1.7	5 lb bag = about 14-7/8 cups baked potato
Potatoes, frozen Whole Small	Pound	10.1	1/4 cup cooked vegetable	10.0	
Potatoes, dehydrated Diced Low moisture Includes USDA Commodity	Pound	45.1	1/4 cup reconstituted, heated vegetable	2.3	1 lb dry = about 5-1/8 cups dehydrated diced potatoes
Potatoes, dehydrated Flake Low moisture Includes USDA Commodity	Pound	50.5	1/4 cup reconstituted, heated vegetable	2.0	1 lb dry = about 7-1/2 cups dehydrated potato flakes
Potatoes, dehydrated, Granules Low moisture Includes USDA Commodity	Pound	50.5	1/4 cup reconstituted, heated vegetable	2.0	1 lb dry = about 2-1/4 cups dehydrated potato granules
Potatoes, dehydrated Slices Low moisture Includes USDA Commodity	Pound	43.5	1/4 cup reconstituted, heated vegetable	2.3	1 lb dry = about 9-2/3 cups dehydrated potato slices
POTATOES, FRE	NCH FRIES		建筑建筑		
Potatoes, French Fries, frozen Crinkle cut	Pound	16.2	1/4 cup cooked vegetable	6.2	1 lb AP = 0.92 lb (about 4 cups) baked French fries
Low moisture Ovenable Includes USDA Commodity	4 lb pkg	64.9	1/4 cup cooked vegetable	1.6	

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
POTATOES, FRE	NCH FRIES	(continued)			
Potatoes, French Fries, frozen Crinkle cut Regular moisture	Pound	12.6	1/4 cup cooked vegetable	8.0	1 lb AP = 0.81 lb (about 3-1/8 cups) baked French fries
	4-1/2 lb pkg	56.7	1/4 cup cooked vegetable	1.8	
Potatoes, French Fries, frozen Curly	Pound	16.2	1/4 cup cooked vegetable	6.2	1 lb AP = 0.66 lb baked French fries (about 4 cups)
(1/3-inch width)	4-1/2 lb pkg	72.9	1/4 cup cooked vegetable	1.4	
Potatoes, French Fries, frozen Shoestring	Pound	14.2	1/4 cup cooked vegetable	7.1	1 lb AP = 0.59 lb (about 3-1/2 cups) baked French fries
Straight cut Low moisture	4-1/2 lb pkg	63.9	1/4 cup cooked vegetable	1.6	
Potatoes, French Fries, frozen	Pound	17.5	1/4 cup cooked vegetable	5.8	
Shoestring Straight cut Regular moisture	4-1/2 lb pkg	79.0	1/4 cup cooked vegetable	1.3	
Potatoes, French Fries, frozen Straight cut Regular moisture	Pound	14.0	1/4 cup cooked vegetable	7.2	1 lb AP = 0.63 lb (about 3-1/2 cups) baked French fries
Ovenable	5 lb pkg	70.0	1/4 cup cooked vegetable	1.5	5 lb bag = about 17-1/2 cups baked French fries
POTATO PRODU	JCTS				
Potato Products, fresh Raw	Pound	5.33	3/8 cup cooked vegetable (about 1 portion)	18.8	1 lb AP= 0.94 lb cooked vegetable
Shredded Pre-portioned 3.0 oz each	Pound	8.28	1/4 cup cooked vegetable (about 2/3 portion)	12.1	
	Pound	10.6	1/8 cup cooked vegetable (about 1/2 portion)	9.5	
Potato Products, frozen Hashed patty Pre-browned 2.25 oz each	Pound	7.11	1 cooked patty (about 1/4 cup cooked vegetable)	14.1	

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
POTATO PRODU	JCTS ⁹ (cont	inued)			
Potato Products, frozen Hashed browns Diced	Pound	7.70	1/4 cup cooked vegetable	13.0	
Potato Products, frozen Mashed	Pound	7.37	1/4 cup heated vegetable	13.6	1 lb AP = 1 lb (about 1-3/4 cups) mashed potatoes
Potato Products, frozen Skins or Pieces or Wedges, etc. With skin Cooked	Pound	10.6	1/4 cup heated vegetable	9.5	
Potato Products, frozen Rounds ⁹ Regular Size Includes USDA	Pound	12.7	1/4 cup cooked vegetable (about 4 pieces)	7.9	5 lb bag = about 15-1/4 cups baked potato rounds (about 8.0 grams per piece)
Commodity	5 lb pkg	61.0	1/4 cup baked vegetable (about 4 pieces)	1.7	one piece = approx. 3/4 to1-inch diameter by 1 to1-1/4-inch length
Potato Products, frozen Rounds ⁹ Mini Size	Pound	12.2	1/4 cup baked vegetable (about 8 pieces)	8.2	1 lb AP = 0.85 lb (about 3 cups) baked potato rounds (about 4.0 grams per piece)
Potato Products, frozen Circles	Pound	12.6	1/4 cup baked vegetable (about 5 circles)	8.0	1 lb AP = 0.75 lb (about 3-1/8 cups) cooked (about 1-1/4-inch diameter by 9/16-inch height)
Potato Products, dehydrated Hashed browns	Pound	24.1	1/4 cup reconstituted, cooked vegetable	4.2	1 lb dry = 6 cups reconstituted, cooked potato 1 lb dry = about 4-3/4 cups dry hash browns

PRICKLY PEAR, (see CACTUS FRUIT)

PRUNES (see PLUMS, dehydrated)

⁹ Shaped, shredded potatoes available under brand names such as "Tater Tots" or "Tater Gems."

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PUMPKIN					
Pumpkin, fresh Whole	Pound	4.70	1/4 cup cooked, mashed vegetable	21.3	1 lb AP = 0.70 lb ready-to- cook pumpkin
Pumpkin, canned	No. 10 can (106 oz)	51.5	1/4 cup heated vegetable	2.0	
	No 2-1/2 can (29 oz)	14.1	1/4 cup heated vegetable	7.1	
	No. 300 can (15 oz)	7.04	1/4 cup heated vegetable	14.3	1 No. 300 can = about 15.1 oz (1-3/4 cups) ready- to-serve or -cook pumpkin
	Pound	7.77	1/4 cup heated vegetable	12.9	
RADISHES					
Radishes, Fresh Without tops	Pound	12.8	1/4 cup whole vegetable (about 7 small radishes)	7.9	1 lb without tops = 0.94 lb ready-to-serve raw radishes
	Pound	15.3	1/4 cup raw, sliced vegetable	6.6	
RAISINS					
Raisins Regular moisture	Pound	12.6	1/4 cup fruit	8.0	1 lb AP = about 3-1/8 cups raisins
Seedless Includes USDA Commodity	Package (1.3 oz to 1.5 oz)	1.00	1/4 cup fruit	100.0	
	Pound	21.4	1/4 cup cooked fruit	4.7	
RASPBERRIES					
Raspberries, fresh Whole	Pint (11-1/2 oz)	8.70	1/4 cup raw, whole fruit	11.5	1 pt AP = 0.69 lb (about 2-1/8 cups) ready-to-serve raw berries
	Pound	12.1	1/4 cup raw, whole fruit	8.3	1 lb AP = 0.96 lb (about 3 cups) ready-to-serve raw berries
Raspberries, canned Red Whole	No. 10 can (103 oz)	48.0	1/4 cup fruit and juice	2.1	1 No. 10 can = 53.0 oz drained berries
VVIIUIE	Pound	7.45	1/4 cup fruit and juice	13.5	1 lb AP = about 8.25 oz drained berries

Section 2—Vegetables/Fruits							
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information		
RASPBERRIES	(continued)						
Raspberries, frozen Fruit and Juice	Pound	7.20	1/4 cup thawed fruit and juice	13.9			
Raspberries, frozen Red Puree	Pound	7.69	1/4 cup thawed fruit puree	13.1	1 lb AP = about 1-7/8 cups thawed fruit puree		
Includes USDA Commodity	5 lb 12 oz container	44.2	1/4 cup thawed fruit puree	2.3	5 lb 12 oz container = about 11 cups thawed fruit puree		
Raspberries, frozen Red Whole Grade A Individually-quick-	Pound	12.5	1/4 cup thawed, drained fruit	8.0	1 lb AP = 1 lb (about 3 cups) ready-to-serve thawed, drained berries		
frozen				29.00	ri-s-		
RHUBARB							
Rhubarb, fresh Without leaves	Pound	6.20	1/4 cup cooked fruit, sugar added	16.2	1 lb AP = 0.86 lb ready-to- cook rhubarb		
Rhubarb, frozen	Pound	10.0	1/4 cup cooked fruit, sugar added	10.0			
RUTABAGAS							
Rutabagas, fresh Whole	Pound	8.30	1/4 cup pared, cubed, cooked vegetable	12.1	1 lb AP = 0.85 lb ready-to- cook rutabaga		
	Pound	5.70	1/4 cup pared, cooked, drained, mashed vegetable	17.6			
SALSA ¹⁰					THE PROPERTY OF THE PARTY OF TH		
Salsa, canned Includes USDA Commodity (all vegetable ingredients plus a minor amount of spices)	No. 10 can (106 oz)	49.3	1/4 cup vegetable	2.1	1 No. 10 can = about 12-1/3 cups vegetable		

For salsa products that contain all vegetable ingredients plus a minor amount of spices or flavorings, one hundred percent of the product may be used to meet the volume vegetable/fruit requirement for meal pattern requirements. When products contain non-vegetable ingredients like gums, starches or stabilizers, water or vinegar, only that portion of the product that is a vegetable ingredient may be counted towards the volume requirement.

Section 2—Ve	getables/	Fruits			
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
SALSA ¹⁰ (contin	ued)				
Salsa, canned¹º Chunky Commercial (all vegetable ingredients plus a minor amount of spices)	1 gal (8 lb 10 oz)	63.9	1/4 cup vegetable	1.6	1 gallon container = 16 cups
SAUERKRAUT		基計劃是			
Sauerkraut, canned	No. 10 can (99 oz)	36.5	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 11-7/8 cups drained, unheated vegetable
	No. 2-1/2 can (27 oz)	15.0	1/4 cup heated, drained vegetable	6.7	1 No. 2-1/2 can = about 23.0 oz (4-1/2 cups) drained, unheated vegetable
	No. 300 can (14-1/2 oz)	4.93	1/4 cup heated, drained vegetable	20.3	
SEAWEED			建设设施设施		
Seaweed, dehydrated <i>Wakame</i>	Pound	91.0	1/4 cup trimmed, rehydrated vegetable	1.1	1 lb dry = 4.3 lb (about 22-2/3 cups) rehydrated ready-to-serve or -cook seaweed
SOUPS, CANNE	D				
Soups, canned Condensed (1 part soup to 1 part water) Minestrone, Tomato,	No. 3 Can 50 oz (or about 46 fl oz)	11.5	1 cup reconstituted (about 1/4 cup vegetable)	8.7	Reconstitute 1 part soup with not more than 1 part water
Tomato with other basic components such as rice,	Pound	3.68	1 cup reconstituted (about 1/4 cup vegetable)	27.2	
Vegetable (all vegetable), and Vegetable with other basic components such as meat or poultry	Picnic (about 10-3/4 oz)	2.40	1 cup reconstituted (about 1/4 cup vegetable)	41.7	

¹⁰ For salsa products that contain all vegetable ingredients plus a minor amount of spices or flavorings, one hundred percent of the product may be used to meet the volume vegetable/fruit requirement for meal pattern requirements. When products contain non-vegetable ingredients like gums, starches or stabilizers, water or vinegar, only that portion of the product that is a vegetable ingredient may be counted towards the volume requirement.

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
SOUPS, CANNE	D (continue	d)			
Soups, canned Ready-to-serve Minestrone, Tomato, Tomato with other basic components such as rice, Vegetable (all vegetable), and Vegetable with other basic components such as meat or poultry	8 fl oz can	1.00	1 cup serving (about 1/4 cup vegetable)	100.0	
Soups, canned Bean Soup Condensed	No. 3 Cyl (54 oz)	23.0	1/2 cup reconstituted (1/4 cup heated beans)	4.4	Reconstitute 1 part soup with not more than 1 part water
(1 part soup to 1 part water)	Pound	6.80	1/2 cup reconstituted (1/4 cup heated beans)	14.8	
Soups, canned Bean Soup Ready-to-serve	8 oz can	1.00	1 cup serving (1/2 cup heated beans)	100.0	
SPINACH					
Spinach, fresh Partly trimmed	Pound	30.7	1/4 cup raw, chopped vegetable	3.3	1 lb AP = 0.88 lb ready-to- cook or -serve raw spinach
	Pound	20.4	1/4 cup vegetable with dressing	5.0	
	Pound	7.60	1/4 cup cooked, drained vegetable	13.2	
Spinach, fresh Leaves (4-inch by 9-inch) Ready-to-use	Pound	25.6	1/4 cup raw, chopped vegetable	4.0	1 lb AP = 1 lb (about 6-3/8 cups) ready-to-cook or -serve raw spinach
	Pound	12.6	1/4 cup wilted vegetable	8.0	1 lb AP = 1.03 lb (about 3-1/8 cups) wilted (lightly steamed for one minute) spinach

Section 2—Vegetables/Fruits						
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information	
SPINACH (conti	inued)				AND DESCRIPTION OF THE PROPERTY OF THE PROPERT	
Spinach, canned	No. 10 can (98 oz)	25.2	1/4 cup heated, drained vegetable	4.0	1 No. 10 can = about 55.0 oz drained spinach	
	No. 2-1/2 can (27 oz)	6.90	1/4 cup heated, drained vegetable	14.5	1 No. 2-1/2 can = about 17.6 oz (2-1/4 cups) drained spinach	
	No. 300 can (13-1/2 oz)	3.91	1/4 cup heated, drained vegetable	25.6	1 No. 300 can = about 1 cup drained, unheated spinach	
	Pound	4.11	1/4 cup heated, drained vegetable	24.4		
Spinach, frozen Chopped	Pound	5.60	1/4 cup cooked, drained vegetable	17.9		
Spinach, frozen eaf Whole	Pound	6.50	1/4 cup cooked, drained vegetable	15.4		
SQUASH, SUMI	MER					
Squash, Summer,	Pound	7.30	1/4 cup cubed, cooked, drained vegetable	13.7	1 lb AP = 0.95 lb ready-to- cook squash	
Yellow	Pound	6.30	1/4 cup cooked, drained mashed vegetable	15.9	_ 8	
	Pound	15.5	1/4 cup raw, sliced vegetable	6.5	1 lb AP = 0.98 lb (about 3-7/8 cups) ready-to-serve or -cook squash	
	Pound	8.42	1/4 cup sliced, cooked, drained vegetable	11.9	1 lb AP = 0.83 lb (about 2 cups) cooked, sliced squash	

getables/	Fruits			
2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
MER (contin	ued)			
Pound	11.9	1/4 cup raw vegetable sticks (about 3 sticks, 1/2-inch by 3-inch sticks)	8.5	1 lb AP = 0.95 lb (about 2-7/8 cups) ready-to-serve or -cook raw (1/2-inch by 3-inch) squash sticks
Pound	12.7	1/4 cup raw, cubed vegetable	7.9	1 lb AP = 0.95 lb (about 3-1/8 cups) ready-to-cook or -serve raw 3/4-inch cubed zucchini
Pound	7.60	1/4 cup cubed, cooked, drained vegetable	13.2	1 lb AP = 0.86 lb cooked, 3/4-inch zucchini cubes
Pound	13.1	1/4 cup raw, sliced vegetable	7.7	1 lb AP = 0.96 lb (about 3-1/4 cups) ready-to-cook or -serve raw, 1/4-inch zucchini slices
Pound	10.2	1/4 cup sliced, cooked, drained vegetable	9.9	
No. 10 can (105 oz)	26.5	1/4 cup heated, drained vegetable	3.8	1 No. 10 can = about 61.0 oz (8-3/8 cups) drained, unheated squash
Pound	4.03	1/4 cup heated, drained vegetable	24.9	1 lb AP = about 9.2 oz (1-1/2 cups) drained squash
Pound	7.90	1/4 cup cooked, drained vegetable	12.7	
Pound	7.00	1/4 cup cooked, drained vegetable	14.3	
ER				
1 squash (8 oz)	2.00	1/2 small squash baked in skin (about 1/4 cup vegetable)	50.0	1 lb AP = 0.87 lb ready-to- cook squash in skin
Pound	4.70	1/4 cup cooked, drained, pared, mashed vegetable	21.3	1 lb AP = 0.70 lb ready-to- cook pared squash
	Pound	Pound 11.9 Pound 12.7	Pound 10.2 1/4 cup raw, sliced vegetable No. 10 can (105 oz) Pound 1.03 1/4 cup heated, drained vegetable No. 10 can (105 oz) Pound 7.90 1/4 cup cooked, drained vegetable 1 squash (8 oz) Pound 7.00 1/2 small squash baked in skin (about 1/4 cup cooked, drained, vegetable	2 Purchase Unit 3 Serving per purchase Unit, EP 4 Serving Size per Meal Contribution 5 Purchase Units for 100 Servings IER (continued) Pound 11.9 1/4 cup raw vegetable sticks (about 3 sticks, 1/2-inch by 3-inch sticks) 8.5 Pound 12.7 1/4 cup raw, cubed vegetable 7.9 Pound 7.60 1/4 cup cubed, cooked, drained vegetable 7.7 Pound 10.2 1/4 cup sliced, cooked, drained vegetable 9.9 No. 10 can (105 oz) 26.5 1/4 cup heated, drained vegetable 3.8 Pound 4.03 1/4 cup heated, drained vegetable 24.9 Pound 7.90 1/4 cup cooked, drained vegetable 12.7 Pound 7.00 1/4 cup cooked, drained vegetable 14.3 Pound 7.00 1/2 small squash baked in skin (about 1/4 cup vegetable) 50.0 R 1 squash (8 oz) 2.00 1/2 small squash baked in skin (about 1/4 cup vegetable) 50.0

1 Food As	Purchase	2 Servings	A Serving Size ner	5 Purchase	C Additional
Purchased, AP	4 Unit	per Purchase Unit, EP	4 Serving Size per Meal Contribution	Units for 100 Servings	6 Additional Information
SQUASH, WINTI	ER (continu	ed)			
Squash, Winter, resh Butternut	Pound	7.50	1/4 cup cooked, drained, pared, cubed vegetable	13.4	1 lb AP = 0.84 lb ready-to- cook pared squash
/hole	Pound	5.40	1/4 cup cooked, pared, drained, mashed vegetable	18.6	
iquash, Winter, resh Hubbard	Pound	4.40	1/4 cup cooked, drained, pared, cubed vegetable	22.8	1 lb AP = 0.64 lb ready-to- cook pared squash
Vhole	Pound	4.30	1/4 cup cooked, drained, pared, mashed vegetable	23.3	
Squash, Winter, irozen Mashed All varieties	Pound	7.00	1/4 cup cooked vegetable	14.3	
STARFRUIT (CA	RAMBOLA)				
Star Fruit Carambola), fresh Whole	Pound	13.5	1/4 cup sliced fruit	7.5	1 lb AP = 0.97 lb (about 3-7/8 cups) ready-to-serve 1/4-inch sliced (about 46 slices) or about 2-7/8 cups chopped star fruit
	Pound	9.50	1/4 cup chopped fruit	10.3	
STRAWBERRIES	5				
Strawberries, fresh Whole	Pint (11-1/2 oz)	7.90	1/4 cup raw, whole fruit	12.7	1 pt AP = about 0.66 lb ready-to-serve raw berries
	Pound	10.5	1/4 cup raw, whole fruit	9.6	1 lb AP = 0.88 lb ready-to- serve raw berries
Strawberries, frozen Sliced Unsweetened Includes USDA Commodity	Pound	7.28	1/4 cup thawed fruit and juice	13.8	1 lb AP = 1 lb (about 1-3/4 cups) ready-to-serve thawed berries and juice
Strawberries, frozen Sliced Sweetened Includes USDA Commodity	Pound	7.10	1/4 cup thawed fruit and juice	14.1	

Food As Purchased, AP	2 Purchase Unit		4 Serving Size per Meal Contribution	Purchase Units for 100 Servings	6 Additional Information
STRAWBERRIES	S (continue	d)			
Strawberries, frozen Whole, Grade A Unsweetened Individually-quick- frozen Includes USDA Commodity	Pound	11.9	1/4 cup thawed fruit	8.5	1 lb AP = 1 lb (about 2-7/8 cups) ready-to-serve, thawed berries
Strawberries, dehydrated	Pound	10.9	1/4 cup dehydrated fruit	9.2	1 lb AP (dried) = 1 lb (about 2-2/3 cups) ready-to-serve dehydrated berries
SUCCOTASH				EXECUTE:	
Succotash, canned Corn and Green Beans	No. 10 can (103 oz)	34.1	1/4 cup heated, drained vegetable	3.0	1 No. 10 can = about 65.4 oz (8-1/2 cups) heated, drained succotash
Deans	No. 10 can (103 oz)	37.8	1/4 cup drained vegetable (unheated for salads)	2.7	1 No. 10 can = about 62.0 oz (9-3/8 cups) drained, unheated succotash
	Pound	5.29	1/4 cup heated, drained vegetable	19.0	
	Pound	5.87	1/4 cup drained vegetable (unheated for salads)	17.1	
Succotash, canned Corn and Lima Beans	No. 10 can (105 oz)	36.7	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 75.0 oz (9-1/8 cups) heated, drained succotash
	No. 10 can (105 oz)	40.9	1/4 cup drained vegetable (unheated for salads)	2.5	1 No. 10 can = about 71.0 oz (about 10-1/8 cups drained, unheated succotash
	Pound	5.59	1/4 cup heated, drained vegetable	17.9	
	Pound	6.24	1/4 cup drained vegetable (unheated for salads)	16.1	
Succotash, frozen Corn and Green Beans	Pound	8.76	1/4 cup cooked, drained vegetable	11.5	1 lb AP = 0.95 lb (about 2-1/8 cups) cooked, drained succotash or 2-7/8 cups thawed
	Pound	11.6	1/4 cup thawed vegetable (unheated for salads)	8.7	

Section 2—Ve	getables/	Fruits			
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
SUCCOTASH (co	ontinued)				
Succotash, frozen Corn and Lima Beans	Pound	9.25	1/4 cup cooked, drained vegetable	10.9	1 lb AP = 0.95 lb (about 2-1/4 cups) cooked, drained succotash
	Pound	11.6	1/4 cup thawed vegetable (unheated for salads)	8.7	1 lb AP = 1 lb (about 2-7/8 cups) ready-to-serve thawed, unheated succotash
SWEET POTATO	ES				
Sweet Potatoes, fresh Whole	Pound	6.60	1/4 cup baked vegetable	15.2	1 lb AP = 0.61 lb baked sweet potato without skin
Whole	Pound	5.50	1/4 cup cooked, mashed vegetable	18.2	1 lb AP = 0.80 lb peeled ready-to-cook sweet potato
	Pound	9.10	1/4 cup cooked, sliced vegetable	11.0	
Sweet Potatoes, canned Cut Packed in light syrup	No. 10 can (108 oz)	33.8	1/4 cup heated, drained vegetable	3.0	1 No. 10 can = about 60.9 oz (8-3/8 cups) heated, drained sweet potato
Includes USDA Commodity	No. 2-1/2 can (29 oz)	12.2	1/4 cup heated, drained vegetable	8.2	1 No. 2-1/2 can = about 18.0 oz (3-1/8 cups) heated, drained sweet potato
	No. 300 can (15-3/4 oz)	5.16	1/4 cup heated, drained vegetable	19.4	1 No. 300 can = about 9.0 oz (1-1/4 cups) heated, drained sweet potato
Sweet Potatoes, canned Mashed Includes USDA Commodity	No. 10 can (109 oz)	49.1	1/4 cup heated vegetable	2.1	1 No. 10 can = about 12-1/4 cups heated, mashed sweet potato

1 Food As	9 Purchase	Fruits 2 Servings	⚠ Serving Size per	E Purchase	↑ Additional
■ Purchased, AP	2 Unit	per Purchase Unit, EP	Meal Contribution	Units for 100 Servings	6 Additional Information
SWEET POTATO	ES (continu	ied)			
Sweet Potatoes, canned Whole Includes USDA	No. 10 can (112 oz)	39.1	1/4 cup heated, drained vegetable	2.6	1 No. 10 can = about 78.6 oz (9-3/4 cups) heated, drained sweet potato
Commodity	No. 2-1/2 can (29 oz)	12.3	1/4 cup heated, drained vegetable	8.2	1 No. 2-1/2 can = about 18.0 oz (3-1/4 cups) heated, drained sweet potato
	No. 300 can (15-3/4 oz)	5.16	1/4 cup heated, drained vegetable	19.4	1 No. 300 can = about 9.6 oz (1-1/4 cups) heated, drained sweet potato
Sweet Potatoes, frozen Mashed	Pound	7.55	1/4 cup cooked vegetable	13.3	1 lb AP = 0.99 lb (about 1-3/4 cups) cooked sweet potato
Includes USDA Commodity		1 1 1			pout
Sweet Potatoes, frozen Center cuts Approx. 7/8 to 1-3/8-inch thick by 1-1/4 to 1-3/4 inch diameter	Pound	9.70	1/4 cup cooked vegetable	10.4	1 lb AP = 0.98 lb (about 2-3/8 cups) cooked sweet potato
Sweet Potatoes, frozen Center cuts Approx. 1-inch thick by 1-3/4 to 2-inch diameter	Pound	9.25	1/4 cup cooked vegetable	10.9	1 lb AP = 0.93 lb (about 2-1/4 cups) cooked sweet potato
Sweet Potatoes, frozen Random cut chunks Includes USDA Commodity	Pound	9.24	1/4 cup cooked vegetable	10.9	1 lb AP = 0.95 lb (about 2-1/4 cups) cooked sweet potato
Sweet Potatoes, frozen Packed in syrup	Pound	7.60	1/4 cup cooked, drained vegetable	13.2	
Sweet Potatoes, dehydrated Flakes Low moisture	Pound	18.5	1/4 cup reconstituted vegetable	5.5	1 lb dry = about 3-3/4 cups dehydrated sweet potato flakes

Section 2—Ve	getables/	Fruits			
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
SWISS CHARD					
Swiss Chard, fresh Trimmed	Pound	21.1	1/4 cup raw, chopped vegetable	4.8	1 lb AP = 0.96 lb (about 5-1/4 cups) ready-to-serve raw, chopped Swiss chard
Swiss Chard, fresh Untrimmed	Pound	6.30	1/4 cup cooked, drained vegetable	15.9	1 lb AP = about 0.92 lb ready-to-cook trimmed Swiss chard
TANGELOS					
Tangelos, fresh Whole	Pound	6.67	1/4 cup peeled fruit sections	15.0	1 lb AP = 0.74 lb (about 1-2/3 cups) ready-to-serve peeled, sectioned tangelo
TANGERINES					
Tangerines, fresh 120 count Whole	Pound	4.00	1 whole, raw tangerine (about 3/8 cup fruit)	25.0	
Whole	Pound	7.78	1/4 cup peeled fruit sections	12.9	1 lb AP = 0.80 lb (about 1-7/8 cups) ready-to-serve peeled, sectioned tangerine
Tangerines, canned Mandarin Oranges	Pound	7.30	1/4 cup fruit and juice	13.7	1 lb AP = about 0.61 lb (about 1-1/2 cups) drained tangerine
TANNIER (see)	(AUTIA)	TAKE S			
TARO (see MAL	ANGA)				
TOMATILLOS					
Tomatillos, fresh Whole with stem	Pound	11.9	1/4 cup raw, diced vegetable	8.5	1 lb AP = 0.98 lb (2-7/8 cups) ready-to-serve stemmed, 1/2-inch, diced tomatillo
	Pound	6.38	1/4 cup cooked, diced vegetable	15.7	1 lb AP = 0.82 lb (about 1-1/2 cups) diced, cooked tomatillo
TOMATOES					
Tomatoes, fresh Cherry Whole with stem	Pound	12.1	1/4 cup whole vegetable (about 3 whole cherry tomatoes)	8.3	1 lb AP = 0.99 lb (about 3 cups) stemmed, whole cherry tomatoes
	Pound	10.6	1/4 cup vegetable halves (about 5 cherry tomato halves)	9.5	1 lb AP = 0.99 lb (about 2-2/3 cups) stemmed, halved cherry tomatoes

Section 2—Vegetables/Fruits							
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information		
TOMATOES (cor	ntinued)						
Tomatoes, fresh Whole All sizes	Pound	7.60	1/4 cup diced tomato	13.2	1 lb AP = 0.87 lb ready-to- serve raw, diced tomato		
	Pound	10.4	1/4 cup vegetable wedges	9.7	1 lb AP = 0.98 lb (about 2-1/2 cups) ready-to-serve 1/2-inch tomato wedges		
Tomatoes, fresh Small or Medium approx 2-1/8-inch to 2-1/4-inch diameter Whole	Pound	8.53	1/4 cup sliced vegetable (about 5 slices, 1/8-inch thick)	11.8	1 lb AP = 0.87 lb (about 2-1/8 cups) 1/8-inch, sliced tomato		
Tomatoes, fresh Large or Extra large Approx. 2-1/2-inch to 2-3/4-inch diameter Whole	Pound	8.70	1/4 cup sliced vegetable (about 4 slices, 1/8-inch thick)	11.5	1 lb AP = 0.86 lb sliced tomato (1/8-inch, thick slices)		
Tomatoes, fresh Diced Ready-to-use	Pound	8.74	1/4 cup raw vegetable	11.5	1 lb AP = 1 lb (about 2-1/8 cups) ready-to-serve tomato		
	Pound	6.67	1/4 cup cooked vegetable	15.0	1 lb AP = 0.85 lb (about 1-2/3 cups) cooked tomato		
Tomatoes, canned Whole or Stewed	No. 10 can (102 oz)	45.5	1/4 cup heated vegetable and juice	2.2	1 No. 10 can = about 66.0 oz drained tomato		
Includes USDA Commodity	No. 10 can (102 oz)	48.8	1/4 cup vegetable and juice	2.1			
	No. 2-1/2 can (28 oz)	12.5	1/4 cup heated vegetable and juice	8.0	1 No. 2-1/2 can = about 18.5 oz drained tomato		
	No. 2-1/2 can (28 oz)	13.4	1/4 cup vegetable and juice	7.5			
	No. 300 can (14-1/2 oz)	6.14	1/4 cup heated vegetable and juice	16.3			
	No. 300 can (14-1/2 oz)	6.59	1/4 cup vegetable and juice	15.2			
	Pound	7.13	1/4 cup heated vegetable and juice	14.1			

Section 2—Vegetables/Fruits								
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information			
TOMATOES (co	ntinued)							
Tomatoes, canned Crushed	No. 10 can (102 oz)	46.6	1/4 cup heated vegetable and juice	2.2	1 No. 10 can = about 12 cups tomato and juice			
	No. 2-1/2 can (28 oz)	12.7	1/4 cup heated vegetable and juice	7.9	1 No. 2-1/2 can = about 18.5 oz drained tomato			
	Pound	7.30	1/4 cup heated vegetable and juice	13.7				
Tomatoes, canned Diced Includes USDA Commodity	No. 10 can (102 oz)	49.2	1/4 cup heated vegetable and juice	2.1	1 No. 10 can = about 12-1/4 cups heated, tomato and juice			
commounty	No. 2-1/2 can (28 oz)	13.5	1/4 cup heated vegetable and juice	7.5	1 No. 2-1/2 can = about 18.5 oz drained, unheated tomato			
	No. 300 can (14-1/2 oz)	6.99	1/4 cup heated vegetable and juice	14.4	*			
	Pound	7.71	1/4 cup heated vegetable and juice	13.0				
TOMATO PROD	UCTS							
Tomato Products, Canned Tomato Paste	No. 10 can (111 oz)	192.0	1 tablespoon paste (1/4 cup vegetable)	0.53	1 No. 10 can = about 12 cups tomato paste			
24%-28% Natural Tomato Soluble Solids (NTSS)	No. 2-1/2 can (30 oz)	52.0	1 tablespoon paste (1/4 cup vegetable)	2.0	1 No. 2-1/2 can = about 3-1/4 cups tomato paste			
Includes USDA Commodity	Pound	27.6	1 tablespoon paste (1/4 cup vegetable)	3.7	1 No. 10 can paste plus 3 cans water = 48 cups single strength tomato juice			
	Picnic (12 oz)	20.7	1 tablespoon paste (1/4 cup vegetable)	4.9	12 oz can = about 1-1/4 cups paste			
Tomato Products, canned Tomato Puree Not less than 8% but less than 24% Natural Tomato	No. 10 can (106 oz)	96.0	2 tablespoons puree (1/4 cup vegetable)	1.1	1 No. 10 can = 12 cups puree, 1 No. 10 can tomato puree plus one can water = 24 cups single strength tomato juice			
Soluble Solids (NTSS)	No. 2-1/2 can (29 oz)	26.2	2 tablespoons puree (1/4 cup vegetable)	3.9				
	Pound	14.4	2 tablespoons puree (1/4 cup vegetable)	7.0				

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
TOMATO PROD	UCTS (conti	inued)			
Tomato Products, canned Tomato Sauce	No. 10 can (106 oz)	50.7	1/4 cup vegetable	2.0	
Includes USDA Commodity	No. 300 can (15 oz)	6.85	1/4 cup vegetable	14.6	
	Pound	7.65	1/4 cup vegetable	13.1	
Tomato Products, canned Spaghetti Sauce, Meatless USDA Commodity	No. 10 can (106 oz)	47.9	1/4 cup heated vegetable	2.1	1 No. 10 can = about 12 cups heated spaghetti sauce
TURNIPS					
Turnips, fresh Whole	Pound	10.8	1/4 cup raw, pared vegetable sticks (about 7 sticks, 1/2-inch by 2-inch sticks)	9.3	1 lb AP = 0.83 lb (about 2-2/3 cups) ready-to-serve raw, pared turnip sticks
Turnips, fresh Without tops	Pound	11.2	1/4 cup raw, pared, cubed or diced vegetable	9.0	1 lb AP = 0.79 lb ready-to- cook or -serve raw pared turnip
	Pound	8.70	1/4 cup pared, cubed, cooked, drained vegetable	11.5	1 lb AP = 0.78 lb (about 2-1/8 cups) pared, cubed, cooked turnip
	Pound	5.60	1/4 cup cooked, drained, pared, mashed vegetable	17.9	
TURNIP GREEN	S				02500000
Turnip Greens, fresh Untrimmed	Pound	6.50	1/4 cup cooked, drained vegetable	15.4	1 lb AP = 0.70 lb ready-to- cook turnip greens
Turnip Greens, canned	No. 10 can (98 oz)	27.6	1/4 cup heated, drained vegetable	3.7	1 No. 10 can = 58.0 oz drained turnip greens
	No. 2-1/2 can (27 oz)	7.60	1/4 cup heated, drained vegetable	13.2	
	No. 300 can (14-1/2 oz)	3.72	1/4 cup heated, drained vegetable	26.9	
	Pound	4.50	1/4 cup heated, drained vegetable	22.3	

Section 2—Ve					
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	A Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
TURNIP GREENS	S (continue	d)			
Turnip Greens, frozen Chopped or Whole Leaf	Pound	9.60	1/4 cup cooked, drained vegetable	10.5	
TURTLE BEANS	(see BLAC	K BEANS)			
UGLI FRUIT					
Ugli Fruit, fresh Whole	Pound	6.33	1/4 cup peeled, chopped fruit	15.8	1 lb AP = 0.67 lb (about 1-1/2 cups) ready-to-serve raw, peeled, chopped ugli fruit. One 32-count ugli fruit = about 14.6 oz
VEGETABLES, M	IIXED				
Vegetables, Mixed, canned Seven vegetables:	No. 10 can (106 oz)	36.1	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 66.5 oz (9-1/4 cups) drained vegetable
Carrots, Celery, Corn, Green Beans, Green Peas, Lima Beans and Potatoes Includes USDA	No. 2-1/2 can (29 oz)	11.5	1/4 cup heated, drained vegetable	8.7	1 No. 2-1/2 can = about 19.4 oz (3-3/8 cups) drained vegetable
Commodity	No. 300 can (15 oz)	4.64	1/4 cup heated, drained vegetable	21.6	1 No. 300 can = about 8.6 oz (1-1/2 cup) drained, unheated vegetable
Vegetables, Mixed, frozen Seven vegetables:	Pound	8.10	1/4 cup cooked, drained vegetable	12.4	
Carrots, Celery, Corn, Green Beans, Green Peas, Lima Beans, and Potatoes			8		
Vegetables, Mixed, frozen Broccoli and Cauliflower blend	Pound	11.9	1/4 cup thawed vegetable (unheated for salads)	8.5	1 lb AP = 0.98 lb (about 2-7/8 cups) ready-to-serve thawed, mixed vegetables for salad bar
	Pound	10.7	1/4 cup cooked, drained vegetable	9.4	1 lb AP = 0.95 lb (about 2-2/3 cups) cooked, drained, mixed vegetables

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
		Purchase Unit, EP			- Information
VEGETABLES, N	IIXED (cont	inued)			
Vegetables, Mixed, frozen Broccoli, Cauliflower, and Carrot Blend	Pound	11.9	1/4 cup thawed vegetable (unheated for salads)	8.5	1 lb AP = 0.98 lb (about 2-7/8 cups) ready-to-serve thawed, mixed vegetables for salad bar
	Pound	10.6	1/4 cup cooked, drained vegetable	9.5	1 lb AP = 0.94 lb (about 2-2/3 cups) cooked, drained mixed vegetables
Vegetables, Mixed, frozen Carrot, Corn, and Green Bean blend	Pound	9.84	1/4 cup thawed vegetable (unheated for salads)	10.2	1 lb AP = 0.99 lb (about 2-3/8 cups) ready-to-serve thawed, mixed vegetables for salad bar
	Pound	9.20	1/4 cup cooked, drained vegetable	10.9	1 lb AP = 0.96 lb (about 2-1/4 cups) cooked, drained, mixed vegetables
Vegetables, Mixed, frozen Peppers and Onions	Pound	7.71	1/4 cup cooked, drained vegetable	13.0	1 lb AP = 0.86 lb (about 1-7/8 cups) cooked, drained, mixed vegetables
WATER CHESNU	JTS		2		
Water Chestnuts, canned	Pound	6.70	1/4 cup drained fruit	15.0	
WATERCRESS					
Watercress, fresh	Pound	50.5	1/4 cup raw vegetable sprigs or pieces	2.0	1 lb AP = 0.92 lb ready-to- serve raw watercress
WATERMELON11					
Watermelon, fresh ¹¹ Whole	1 Melon (about 27 lb)	168.9	1/4 cup fruit	0.60	
	Pound	6.10	1/4 cup diced fruit without rind	16.4	1 lb AP = 0.61 lb (about 1-1/2 cups) ready-to-serve raw, 1/2-inch diced watermelon without rind

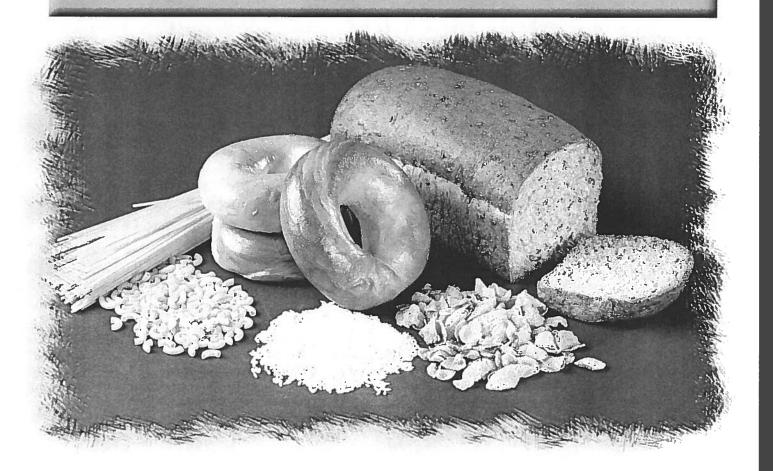
In response to Salmonella outbreaks associated with raw melon, the Food and Drug Administration has provided guidance for safe handling practices for melons that include washing the outer surface of the melon thoroughly with cool tap water to remove surface dirt.

Section 2—Ve	getables/	Fruits			
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
YAUTIA (TANNIE	R)				
Yautia (Tannier), fresh Whole	Pound	8.84	1/4 cup peeled, diced, raw vegetable	11.4	1 lb AP = 0.74 lb (about 2-1/8 cups) ready-to-serve, peeled, 1-inch, diced yautia (tannier)
	Pound	8.84	1/4 cup diced, cooked vegetable	11.4	1 lb AP = 0.80 lb peeled, diced, cooked yautia (tannier) (absorbs water during cooking)
YUCCA (CASSA	VA)				
Yucca, (Cassava), fresh Whole	Pound	8.01	1/4 cup peeled, cooked chunks	12.5	1 lb AP = 0.76 lb peeled, cooked, 4 to 5-inch yucca chunks

Section 3

Food Buying Guide for Child Nutrition Programs

Grains/Breads



- 3-1 Grains/Breads Component for the Child Nutrition Programs
- 3-1 Definitions
- 3-2 Examples of Foods That Qualify as Grains/Breads
- 3-3 I. Criteria for Determining Acceptable Grains/Breads
- 3-3 II. Steps in Determining Grains/Breads Creditability
- 3-7 Flow Chart for Determining Grains/Breads Creditability
- 3-8 III. Criteria for Determining Serving Sizes
- 3-13 Worksheet for Calculating Grains/Breads Contribution
- 3-15 EXHIBIT A
- 3-17 Factors Affecting Yields
- 3-17 Explanation of the Columns
- 3-18 Yield Data Table for Grains/Breads

Section

Grains/Breads

Grains/Breads Component for the Child Nutrition **Programs**

All reimbursable meals offered under the food-based menu planning approach in the National School Lunch Program (NSLP), Child and Adult Care Food Program (CACFP), and Summer Food Service Program (SFSP) must include grains/ breads food product(s). A reimbursable school breakfast in the School Breakfast Program (SBP) and a reimbursable supplement in the CACFP or an Afterschool Snack may contain a grains/breads component.

FNS meal pattern regulations establish the minimum serving size(s) of grains/ breads required for breakfasts, lunches, suppers, and supplements (snacks). Meal pattern charts for each of the Child Nutrition Programs are on pages I-7 through I-27.

Definitions

Bran is the seed husk or outer coating of cereal grains such as wheat, rye, and oats. The bran can be mechanically removed from the flour or meal by sifting or bolting.

Breakfast cereal is any cereal served ready to eat (cold dry) or cooked as a menu item for breakfast and other meals, as appropriate.

Creditable grains represent all of the grains and grain components that count towards a creditable grains/breads component; they are enriched or wholegrain meal and/or flour, bran, and/or germ.

Enriched means that the product conforms to the Food and Drug Administration's standard of identity for levels of iron, thiamin, riboflavin, niacin, and folic acid. The terms "enriched," "fortified," or similar terms indicate the addition of one or more vitamins or minerals or protein to a food, unless an applicable Federal regulation requires the use of specific words or statements.

Flour is the product derived by finely grinding and bolting (sifting) wheat or other grains. Flour may be made from all grains (wheat, rye, corn, etc.).

Grains/Breads servings designates the contribution a given serving size makes toward the grains/breads component. The term "grains/breads serving" appears in Column 4 of the yield table (except for Group H foods).

Germ is the vitamin-rich embryo of the grain kernel. The germ can be separated before milling for use as a cereal or food supplement.

Primary grain ingredient is the first listed grain ingredient in the ingredient statement.

Whole-grain flour or meal is the product derived by grinding the entire grain. If a flour or meal does not contain the bran and the germ, it is not whole grain.

Examples of Foods That Qualify as Grains/Breads

Foods that qualify as grains/breads in the Child Nutrition Programs are enriched or whole-grain, or are made from enriched or whole-grain meal and/or flour. Bran and germ are credited the same as enriched or whole-grain meal or flour. Such foods include, but are not limited to:

- Breads that are enriched or whole-grain or made from enriched or wholegrain meal and/or flour, bran, and/or germ.
- Biscuits, bagels, rolls, tortillas, muffins, or crackers made with enriched or whole-grain meal and/or flour, bran, and/or germ.
- Cereal grains (cooked) such as rice, bulgur, oatmeal, corn grits, wheat, or couscous that are enriched, whole-grain, or fortified.
- Ready-to-eat breakfast cereals that are enriched, whole-grain, or fortified.
- Cereals or bread products that are used as an ingredient in another menu item such as crispy rice treats, oatmeal cookies, or breading on fish or poultry when the cereal or bread ingredients are enriched or whole-grain, or when the cereal is fortified.
- Macaroni or noodle products (cooked) made with enriched or whole-grain flour. Program regulations for the NSLP and the SFSP allow enriched macaroni products that have been fortified with protein to be counted to meet either a grains/breads or meat/meat alternate requirement, but not as both components in the same meal.
- Sweet food products such as toaster pastries, coffee cake, doughnuts, sweet rolls, cookies, cakes, or formulated grain-fruit products (authorized under Appendix A of 7 CFR Part 220) when made with whole grain, enriched or whole-grain meal and/or flour, bran, and/or germ and served, as permitted under Exhibit A. When sweet food products are permitted, no more than one sweet grains/ breads serving per day may be a dessert, and sweet snack food products should not be served as part of a supplement (snack) more than twice a week.

Pie crust when made with enriched or whole-grain meal and/or flour and served, as allowed under Exhibit A.

Non-sweet snack food products such as hard pretzels, hard bread sticks, and tortilla chips made from enriched or whole-grain meal and/or flour.

I. Criteria for **Determining** Acceptable Grains/Breads Under the **Food-Based Menu Planning Approaches**

Use the following criteria as a basis for crediting items to meet the grains/breads requirement under the food-based menu planning approaches.

- A. All grains/breads items must be enriched or whole-grain, made from enriched or whole-grain meal and/or flour. If using a cereal it must be whole-grain, enriched, or fortified. Bran and germ are credited the same as enriched or whole-grain meal or flour.
- B. The label must indicate that 1) the food product is enriched or wholegrain, made from enriched or whole-grain meal and/or flour, bran, and/or germ, or 2) the cereal is whole-grain, enriched, or fortified. If the food product is enriched, it must meet the Food and Drug Administration's standards of identity (21 CFR Part 136, Part 137, Part 139) for enriched bread, macaroni and noodle products, rice, or cornmeal.
- C. The food product must be provided in quantities specified in the appropriate program regulations. One-quarter (1/4) of a serving is the smallest amount allowable to be credited toward the minimum quantities of grains/ breads specified in program regulations.

II. Determining Grains/Breads Creditability

To review a grains/breads food product to determine if it is creditable, Child Nutrition Programs need to verify that the food product is enriched or whole-grain, or that it is made from enriched or whole-grain meal and/or flour, bran, and/or germ, or if it is a cereal, that it is whole-grain, enriched, or fortified.

The steps listed here will help determine if a food product is creditable towards the grains/breads component of a reimbursable meal. If at any point during the steps a "yes" answer is obtained, proceed

to Section III, Criteria for Determining Serving Sizes. If you answer "no" to all of the steps from A to H2, the food product is not creditable towards the grains/ breads component of a reimbursable meal.

The following steps are summarized in the flow chart on page 3-7.

A. Is the *food product* labeled as "whole-grain"?

If a food product is made from whole grain, the product name on the label will usually include the word "whole" or "entire".

Some examples include: "whole wheat bread," "entire wheat bread," "whole wheat rolls," "entire wheat rolls," "whole wheat buns," "entire wheat buns," and "whole wheat macaroni products".

B. Is the *food product* labeled as "enriched"?

If a food product is enriched, the product name on the label will include the word "enriched."

Some examples include: "enriched bread," "enriched rolls," "enriched buns," "enriched rice," "enriched macaroni products," "enriched egg noodle products," "enriched grits," and "enriched cereal".

or

C. Is the *food product* a fortified cereal? (Fortification only applies to cereals, so if the food product is not a cereal, continue on to step D).

If a cereal is fortified, the word "fortified" will be included on the product label.

or

D. In the *ingredient statement*, is the primary grain ingredient labeled "enriched"?

Ingredients with standards of enrichment will include the word "enriched" in the ingredient name. The usual method of declaration for enriched grain ingredients is to list the established or usual name of the ingredient along with the word "enriched" followed by a parenthetical listing of the grain and the enrichment ingredients.

Some examples include: "enriched wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid)"; "enriched cornmeal (...)"; "enriched self-rising flour (...)"; and "enriched farina (...)".

or

E. In the *ingredient statement*, is the primary grain ingredient designated as a whole grain?

A whole grain ingredient will usually include the word "whole," "entire," "cracked," "crushed," or "groats."

Some examples include: "whole wheat flour," "entire wheat flour," "cracked wheat," "crushed wheat," "buckwheat groats," "graham flour" (which is another name for whole wheat flour), "brown rice" (which indicates that the rice retains the bran layer), "old-fashioned oatmeal" (also called "rolled oats"), "quick-cooking oats," "whole corn," and "whole cornmeal".

or

In the *ingredient statement*, does the primary grain ingredient appear to be whole grain but it is not designated as whole grain?

When the ingredient statement does not clearly indicate that the primary grain ingredient is whole grain, the Child Nutrition Program operator must obtain documentation from the manufacturer stating that the grain is whole grain prior to using the food product toward meeting meal pattern requirements.

Some examples include: "amaranth," "corn," "millet," and "quinoa".

G. In the *ingredient statement*, is the primary grain ingredient bran and/or germ?

Bran and germ are two components of grains. While not whole grains, they are nutritious portions of the grain and are, therefore, credited the same as whole-grain or enriched ingredients. Bran or germ will be listed along with the name of the grain.

Some examples include: "oat bran" and "wheat germ".

H1. Although the primary grain ingredient is not creditable, does the *ingre*dient statement list other grains that are creditable?

If a food product contains grain(s) that are creditable, but a non-creditable grain ingredient is the primary grain ingredient, then documentation will be needed to determine the grams of creditable grain(s) per serving of that food product in order to be used towards meeting meal requirements.

H2. If the primary grain ingredient is not creditable, but the ingredient statement does include creditable grain(s), the Child Nutrition program operator must obtain documentation from the manufacturer. The documentation must state 1) the gram weight or percentage of all *creditable* grains in one defined portion, and 2) that the grain(s) counted towards the percentage given are either enriched and/or whole-grain and/or bran, and/or germ. If a grain is not creditable, it should not be included in the weight or percent given in the documentation.

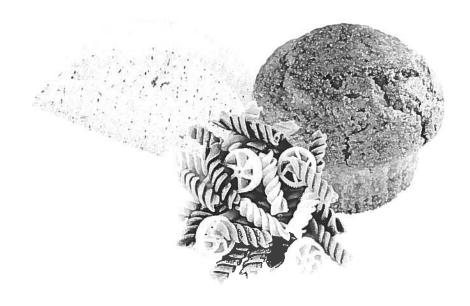
Some examples of non-creditable grain ingredients include: "bromated flour," "corn grits," "degerminated cornmeal," "degerminated (grain)," "durum flour," "farina," "flour," "plain flour," "self-rising flour," "semolina flour," "white flour," and "wheat flour".

If you have answered "no" to all the above steps, the food product is **not** creditable towards the grains/breads component of a reimbursable meal. These items may be served as an "other foods" item and used to help round out the meal as well as contribute calories and nutrients.

Instructions for Using the Grains/Breads Flow Chart

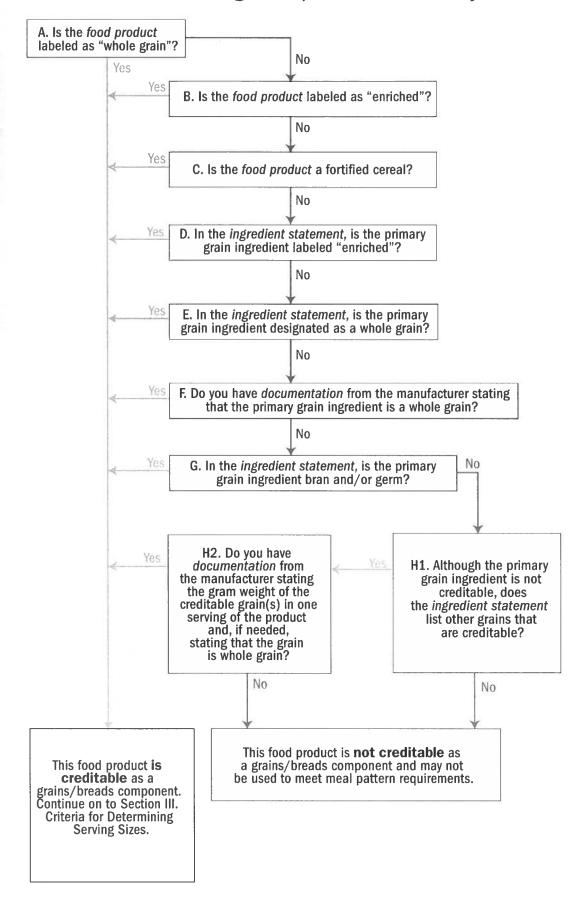
Child Nutrition Programs need to verify that the food product is enriched or whole-grain, or that it is made from enriched or whole-grain meal and/or flour, bran, and/or germ, or if it is a cereal, that it is whole-grain, enriched, or fortified. By using the following flow chart along with steps A-H2 above, you can evaluate a grains/breads food product to determine if it is creditable towards the grains/breads component of a reimbursable meal.

Once you have determined if a food product is creditable, it is important to read through Section III, Criteria for Determining Serving Sizes. This section will explain when to use Exhibit A of FCS Instruction 783.1, Rev 2¹ (see pages 3-15 & 3-16), or calculate grams of creditable grains (see pages 3-9 through 3-13) to determine the portion size required to provide one grains/breads serving.



At the time this instruction was written, the Agency name was Food and Consumer Service (FCS).

Flow Chart for Determining Grains/Breads Creditability

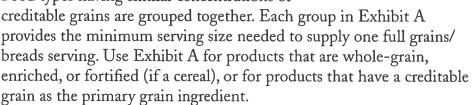


III. Criteria for Determining Serving Sizes

There are two different ways to determine the portion size required to provide one grains/breads serving: by using Exhibit A of FCS Instruction 783.1, Rev 2, or by calculating the grams of creditable grains.

A. Determining Serving Sizes Based on Exhibit A:

One grains/breads serving for commonly available food products can be determined using Exhibit A (see pages 3-15 & 3-16) of the FCS Grains/Breads Instruction 783.1, Rev. 2. The wide variety of prepared grains/breads food products listed in Exhibit A are grouped based on their average grain content. Food types having similar concentrations of



The weight needed for the different groups of grains/breads food products to provide one grains/breads serving is different since different types of grains/breads food products have different concentrations of enriched or whole-grain meal and/or flour, bran, and/or germ.

1. Exhibit A, Groups A-G:

For the types of food products listed in Groups A-G, one grains/breads serving provides not less than 14.75 grams of enriched or whole-grain meal and/or flour, bran, and/or germ. The serving sizes (weights) given in Exhibit A, Groups A-G, may be used for grains/breads food products that are either commercially purchased or prepared on-site.

Food products that are labeled whole-grain or enriched, and food products that have a creditable grain as the primary grain ingredient should provide the minimum of 14.75 grams of creditable grains per serving (without obtaining manufacturers documentation) as long as the minimum serving sizes (weights) given in Exhibit A are met. If the product is not whole-grain or enriched, or does not have a creditable grain for the primary grain ingredient, you must obtain manufacturer's documentation showing the amount of creditable grain(s) in one portion of the product. Once documentation is obtained, calculate the serving size based on the grams of creditable grains as shown in step B.

Exhibit A, Groups A-G provides the weight needed for 1/4, 1/2, and 3/4 of a grains/breads serving in addition to the weight needed for one grains/breads serving.

2. Exhibit A, Groups H & I:

- For the types of food products listed in Groups H and I of Exhibit A to count as one grains/breads serving, the weights and volumes listed therein must be met.
- When items in Groups H and I are served as cooked or cold breakfast cereals (such as cooked oatmeal, cooked millet, cooked rice served with milk and sugar, or cold cereal) or cooked pasta, the weights and volumes listed in Exhibit A, groups H or I must be used as noted. For example, the serving size required for one grains/breads serving of cooked oatmeal made from dry oats is 1/2 cup cooked or 25 grams dry oats.
- There is an exception to the equivalency of one grains/breads serving for Group H as stated in Exhibit A. For the School Breakfast Program only, the traditional or enhanced meal patterns, grades K-12, and the enhanced meal pattern option for grades 7-12, by regulation, one grains/breads serving of cooked and ready-to-eat (cold dry) breakfast cereal is 3/4 cup or 1 ounce. This means 3/4 cup or 1 ounce (whichever is less) for cold dry cereal, or 3/4 cup cooked cereal, count as one grains/breads serving. This serving size is different from the equivalency of one grains/breads serving of 1/2 cup cooked given in Exhibit A, Group H.
- Some of the food products in Group H, such as dry oatmeal or cornmeal, may be used as a grain ingredient in a recipe as well as a cooked cereal. When the cereal grain items listed in Group H are used as an ingredient in a recipe such as oatmeal bread or cornmeal muffins (in contrast to being used as a cooked breakfast cereal) do not use the amounts listed in Group H. In this case, one grains/breads serving should be determined using the weights given in Groups A-G of Exhibit A corresponding to the appropriate food group, or calculated using 14.75 grams of the creditable grains in one portion of the recipe.
- For example, the credit for oatmeal bread made using dry oats may be determined by two ways: 1) using the serving weight in Group B of Exhibit A which contains "bread" since the food type is now "bread," or 2) using the information in "B" below to determine the serving size needed to provide 14.75 grams of creditable grains.

B. Determining Serving Sizes Based on Creditable Grains Content:

- There are several situations where the creditable grains content would be used to calculate the serving size instead of using the serving weights given in Exhibit A. Some of these situations are: 1) a product is not whole-grain, enriched, or fortified (if a cereal) and the primary grain ingredient is not a creditable grain but there are creditable grains in the product; 2) a manufacturer claims that a product can provide the minimum of 14.75 grams of creditable grains per portion using a serving size less than the weights given in Exhibit A; 3) a product is made on site and you choose to calculate the serving size based on grams of creditable grains instead of using Exhibit A; or 4) a food product does not fit into one of the groups of Exhibit A.
- In the above cases, the menu planner will need to document or obtain documentation showing the weight of creditable grain(s) content of the grains/breads item. This will be easy for grains/breads items prepared on site, since the exact weight of the creditable grain(s) ingredient can be documented based on the recipe. For purchased products, the manufacturer will need to be contacted to obtain the required documentation showing the weight of creditable grain(s) per portion contained in a specific food product. Be aware that some manufacturers will not provide this information if they consider it proprietary information. If you have a situation where documentation is required, but the manufacturer cannot supply the documentation, you cannot use that product as a credited grains/breads component of a reimbursable meal.
- When the exact or minimum amount of creditable grains can be documented, the grains/breads serving for any grains/breads product found in Groups A through G may be calculated using 14.75 grams of creditable grains as one grains/breads serving. For manufacturer's documentation which provides the gram weight of creditable grain(s) per portion, you will want to start your calculation at step 2 below or at step 6 of the worksheet (see page 3-13).

² Creditable grains are enriched or whole-grain meal and/or flour, bran and/or germ.

Steps to determine how many creditable grains/breads servings a recipe yields:

1) Divide the total grams of "creditable grains2" in the recipe by the number of portions the recipe yields: (Note: 1 lb = 453.6 grams). One "portion" is the amount of the food product you plan to serve; it is not necessarily equivalent to one grains/breads serving.

total grams of enriched or whole-grain meal and/or flour, bran, and/or germ in the recipe

number of portions the recipe yields

This calculation gives you the total grams of creditable grains contained in one portion of your recipe.

2) Divide the total grams of "creditable grains" in one portion by 14.75 grams: (note: 14.75 grams of creditable grains = one full grains/breads serving)

Total grams of "creditable grains" in ONE portion

14.75 grams

= the number of grains/breads servings per portion

This calculation gives you the number of creditable grains/breads servings per portion of the recipe. The smallest creditable serving of the grains/breads component is 1/4 serving.

3) Round down to the nearest 1/4 grains/breads serving. To count as one full grains/breads serving, a food product must contain no less than 14.75 grams (0.52 ounces) of enriched or whole-grain meal and/or flour, bran, and/or germ.

Worksheet for Calculating Grains/Breads Contribution from a Recipe for the Types of Food Products in Groups A-G, Using Grams of Creditable Grains

Instructions:

- 1. On the worksheet, list each enriched or whole-grain meal and/or flour, bran, and/or germ ingredient in the recipe.
- 2. Fill in the quantity (cups, pounds, kilograms, ounces, grams, etc.) of each enriched or whole-grain meal and/or flour, bran, and/or germ ingredient in the recipe.
- 3. Convert the amount of each enriched or whole-grain meal and/or flour, bran, and/or germ ingredient in the recipe to grams. If you do not know the weight per cup of the grain you are using, here are some commonly used conversions:

Number of pounds of ingredient X 453.6 grams

Number of ounces of ingredient X 28.35 grams

Number of cups of enriched white flour X 125 grams

Number of cups of regular rolled oats X 81 grams

Number of cups of quick-cooking oats X 81 grams

Number of cups of regular cornmeal X 122 grams

Number of cups of degermed, enriched cornmeal X 138 grams

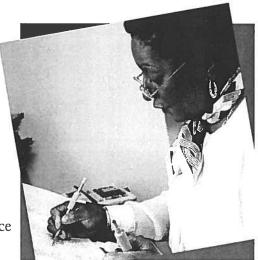
Number of cups of stone ground cornmeal X 132 grams

Number of cups of wheat bran X 58 grams

Number of cups of wheat germ X 115 grams

Number of cups of whole wheat flour X 120 grams

- 4. Add the grams for each grain ingredient to determine the total grams of enriched or whole-grain meal and/or flour, bran, and/or germ in the recipe.
- 5. Divide the total grams of creditable grains in the recipe by the number of portions in the recipe to determine the number of grams of creditable grains per portion of food product.
- 6. Divide the number of grams of creditable grains per portion by 14.75 grams (reference amount of enriched or whole-grain meal and/or flour, bran, and/or germ in one grains/breads serving).
- 7. Round down to the nearest 1/4 grains/breads serving.



	W	lo	rk	sh	e	et	
--	---	----	----	----	---	----	--

Creditable Grain Ingredient	2. Quantity	3. Convert to Grams	Grams
		X	=
		X	=
		X	=
		X	=
		4. Total Grams	=

5. Total grams divided by number of portions in recipe:

Total grams	
creditable grains =	
from step 4	
	= number of grams creditable
Number of portions	grains per portion
per recipe =	

6. Divide number of grams per portion (answer from step 5) by 14.75:

	_ =	grains/breads ser	ving(s)
1 / 75			

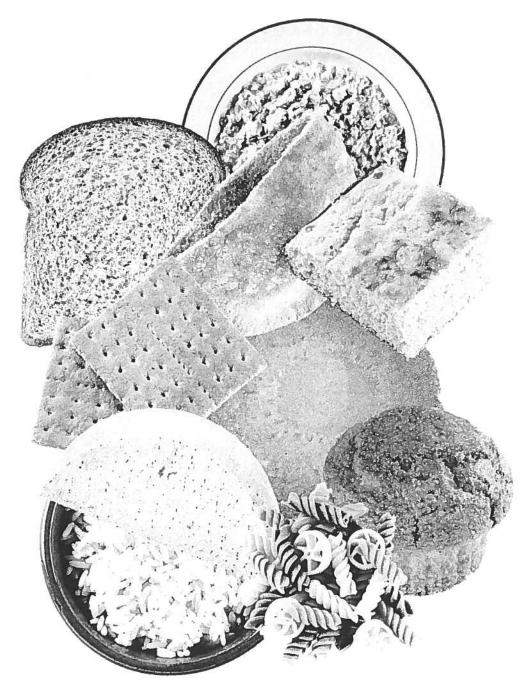
7. Round down to the nearest 1/4 grains/breads serving.

=____ creditable grains/breads servings

Grains/ **Breads Chart** Introduction

The following Chart titled "Exhibit A - Grains/Breads for the Food-Based Menu Planning Alternatives in the Child Nutrition Programs" provides a general guideline for crediting prepared grains/breads items. The chart is taken from the FCS Grains/Breads Instruction 783-1, Revision 2.

Once you have determined that a food product qualifies as a grains/breads component (see pages 3-3 through 3-7), find the Group on the chart containing the name of the food product. Read the minimum serving size for that group on the right-hand side of the chart.



FCS Instruction 783.1 Rev 2: Exhibit A GRAINS/BREADS FOR THE FOOD-BASED MENU PLANNING ALTERNATIVES IN THE CHILD NUTRITION PROGRAMS^{1, 2}

Group A	Minimum Serving Size for Group A
 Bread type coating Bread sticks (hard) Chow mein noodles Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) Note: weights apply to bread in stuffing. 	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz
Group B	Minimum Serving Size for Group B
 Bagels Batter type coating Biscuits Breads (white, wheat, whole wheat, French, Italian) Buns (hamburger and hot dog) Crackers (graham crackers - all shapes, animal crackers) Egg roll skins English muffins Pita bread (white, wheat, whole wheat) Pizza crust Pretzels (soft) Rolls (white, wheat, whole wheat, potato) Tortillas (wheat or corn) Tortilla chips (wheat or corn) Taco shells 	1 serving = 25 gm or 0.9 oz 3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz
Group C	Minimum Serving Size for Group C
 Cookies³ (plain) Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies³, fruit turnovers⁴, and meat/meat alternate pies) Waffles 	1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz

¹The following foods are whole-grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ.

²Some of the following foods, or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

Allowed only for desserts under the enhanced food-based menu planning alternative specified in 7CFR Part 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP.

⁴Allowed for desserts under the enhanced food-based menu planning alternative specified in 7CFR Part 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP, and for breakfasts served under the SBP, SFSP, and CACFP.

Group D	Minimum Serving Size for Group D
 Doughnuts⁴ (cake and yeast raised, unfrosted) Granola bars⁴ (plain) Muffins (all, except corn) Sweet rolls⁴ (unfrosted) Toaster pastries⁴ (unfrosted) 	1 serving = 50 gm or 1.8 oz 3/4 serving = 38 gm or 1.3 oz 1/2 serving = 25 gm or 0.9 oz 1/4 serving = 13 gm or 0.5 oz
Group E	Minimum Serving Size for Group E
 Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) Doughnuts⁴ (cake and yeast raised, frosted or glazed) French toast Grain fruit bars⁴ Granola bars⁴ (with nuts, raisins, chocolate pieces and/or fruit) Sweet rolls⁴ (frosted) Toaster pastries⁴ (frosted) 	1 serving = 63 gm or 2.2 oz 3/4 serving = 47 gm or 1.7 oz 1/2 serving = 31 gm or 1.1 oz 1/4 serving = 16 gm or 0.6 oz
Group F	Minimum Serving Size for Group F
 Cake³ (plain, unfrosted) Coffee cake⁴ 	1 serving = 75 gm or 2.7 oz 3/4 serving = 56 gm or 2 oz 1/2 serving = 38 gm or 1.3 oz 1/4 serving = 19 gm or 0.7 oz
Group G	Minimum Serving Size for Group G
 Brownies³ (plain) Cake³ (all varieties, frosted) 	1 serving = 115 gm or 4 oz 3/4 serving = 86 gm or 3 oz 1/2 serving = 58 gm or 2 oz 1/4 serving = 29 gm or 1 oz
Group H	Minimum Serving Size for Group H
 Barley Breakfast cereals (cooked)^{5, 6} Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (enriched white or brown) 	1 serving = 1/2 cup cooked (or 25 gm dry)
Group I	Minimum Serving Size for Group I
1 serving = 3/4 cup or 1 oz, whichever is less	• Ready to eat breakfast cereal (cold dry) ^{5, 6}

³ Allowed only for desserts under the enhanced food-based menu planning alternative specified in 7CFR Part 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP.

⁴Allowed for desserts under the enhanced food-based menu planning alternative specified in 7CFR Part 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP, and for breakfasts served under the SBP, SFSP, and CACFP.

⁵ Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfasts served under the SBP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

^{*}Cereals may be whole-grain, enriched, or fortified.

Factors Affecting Yield

The data for grains/breads in the following table include yield information on **common types** and **customary portion sizes** of products that you can buy on the market. All grains/breads items – commercially baked or school baked – must meet the criteria noted on page 3-3.

The approximate weight of a serving of grains/breads is given in the table. If the weight of a serving differs from the approximate weight given, you may need to make adjustments in the amount you buy (see pages I-3 & I-4 for information on determining in-house yield data).

Explanation of the Columns

Column 1 Food As Purchased, AP: In general, foods are arranged in alphabetical order. The Group letter is listed for each product. For additional information on these groups, see Exhibit A (pages 3-15 & 3-16).

- Column 2 **Purchase Unit:** The purchase unit for grains/breads is generally by the pound or, for cold dry cereals, a package. You can use data for one purchase unit to determine how much of the item you need for the number of people you serve.
- Column 3 Servings per Purchase Unit, EP: This column shows the number of servings of a given size obtained from each purchase unit. Numbers in this column are often rounded down in order to help ensure enough food for the number of servings.
- Column 4 Serving Size per Meal Contribution: The size of a serving is expressed in volume and/or weight. The number of grains/breads servings is given in parentheses for sliced bread and crackers.

Note that the minimum requirements for cereals and cereal grains are different for each program.

School Breakfast Program (Traditional and Enhanced)

Ages 1-2: 1/4 cup or 1/3 oz (whichever is less) cold dry cereal or 1/4 cup cooked cereal grain,

Preschool: 1/3 cup or 1/2 oz (whichever is less) cold dry cereal or 1/3 cup cooked cereal grain,

Grades K-12: 3/4 cup or 1 ounce (whichever is less) cold dry cereal or 3/4 cup cooked cereal grain,

National School Lunch Program (Traditional and Enhanced)

All levels: 1/2 cup cooked cereal grain

Afterschool Snacks

Ages 1-2: 1/4 cup or 1/3 oz (whichever is less) cold dry

cereal or 1/4 cup cooked cereal grain,

Ages 3-5: 1/3 cup or 1/2 oz (whichever is less) cold dry

cereal or 1/4 cup cooked cereal grain,

Ages 6-12: 3/4 cup or 1 oz (whichever is less) cold dry cereal

or 1/2 cup cooked cereal grain,

Child and Adult Care Food Program

Breakfast

Ages 1-2: 1/4 cup or 1/3 oz (whichever is less) cold dry

cereal or 1/4 cup cooked cereal grain,

Ages 3-5: 1/3 cup or 1/2 oz (whichever is less) cold dry

cereal or 1/4 cup cooked cereal grain,

Ages 6-12: 3/4 cup or 1 oz (whichever is less) cold dry cereal

or 1/2 cup cooked cereal grain,

Adults: 1-1/2 cup or 2 oz (whichever is less) cold dry

cereal or 1 cup cooked cereal grain,

Lunch and Supper

Ages 1-2 and 3-5: 1/4 cup cooked cereal grain,

Ages 6-12:

1/2 cup cooked cereal grain,

Adult:

1 cup cooked cereal grain,

Snacks

Ages 1-2: 1/4 cup or 1/3 oz (whichever is less) cold dry

cereal or 1/4 cup cooked cereal grain,

Ages 3-5: 1/3 cup or 1/2 oz (whichever is less) cold dry

cereal or 1/4 cup cooked cereal grain,

Ages 6-12 and Adults: 3/4 cup or 1 oz (whichever is less) cold

dry cereal or 1/2 cup cooked cereal grain,

Summer Food Service Program

Breakfast and Snacks

3/4 cup or 1 oz (whichever is less)

cold dry cereal, or 1/2 cup cooked cereal

grain

Lunch or Supper

1/2 cup cooked cereal grain.

Note: Dry cereals vary greatly in number of servings per pound or package. Check the cereal box for the number and/or size of servings.

- Column 5 Purchase Units for 100 Servings: This column shows the number of purchase units needed for 100 servings. Numbers in this column are generally rounded up in order to help ensure enough food for the number of servings.
- Additional Yield Information: This column gives other infor-Column 6 mation to help you calculate the amount of food you need to prepare meals. For example, the number of cups you will get from one pound of food as purchased is shown for many grains/breads items.

Food Buying Guide for Child Nutrition Programs

Section 3 Grains/Breads

Section 3—Gr	ains/Brea	ıds			
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BARLEY					
Barley (Group H) Dry	Pound	42.0	1/4 cup cooked	2.4	1 lb dry = about 2-1/3 cups dry barley
	Pound	21.2	1/2 cup cooked	4.8	The Tellin
	Pound	14.1	3/4 cup cooked	7.1	
BREAD ³					
Bread (Group B) Sliced ³ Fresh	Pound	32.0	1/2 grains/breads serving (1/2 slice; must weigh at least 13 g or 0.5 oz)	3.2	
All types - white, rye, whole wheat, raisin, quick bread, etc.	Pound	16.0	1 grains/breads serving (1 slice; must weigh at least 25 g or 0.9 oz)	6.3	
BREAD STICKS					
Bread Sticks (Group A) Hard	Pound	45.3	1/2 grains/breads serving (about 2 sticks; must weigh at least 10 g or 0.4 oz)	2.2	7-3/4 inches long, 3/4-inch diameter
	Pound	22.6	1 grains/breads serving (about 3 sticks; must weigh at least 20 g or 0.7 oz)	4.5	
BULGUR					
Bulgur (Group H) Dry	Pound	39.2	1/4 cup cooked	2.6	1 lb dry = about 3 cups dry bulgur
	Pound	19.6	1/2 cup cooked	5.1	
	Pound	13.0	3/4 cup cooked	7.7	

The number of slices per purchase unit does not include the end slices

Section 3—Gra	Purchase		A Serving Size nor	C Purchase	Additional
Purchased, AP	2 Purchase Unit	per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CEREAL GRAINS	3			,	
Cereal Grains Amaranth (Group H) Dry	Pound	19.6	1/4 cup cooked	5.1	1 lb dry = about 2-1/3 cups dry or 2.70 lb (about 4-5/8 cups) cooked amaranth when prepared with 2 parts water to 1 part dry amaranth
	Pound	9.82	1/2 cup cooked	10.2	
	Pound	6.54	3/4 cup cooked	15.3	
Cereal Grains Buckwheat (Group H) Dry	Pound	22.8	1/4 cup cooked	4.4	1 lb dry = about 2-1/3 cups dry or 3.06 lb (about 5-2/3 cups) cooked
			Y. The same of the	48.	buckwheat when prepared with 2 parts water to 1 part dry buckwheat
	Pound	11.4	1/2 cup cooked	8.8	
	Pound	7.61	3/4 cup cooked	13.2	*1
Cereal Grains Cornmeal (Group H) Dry	Pound	50.7	1/4 cup cooked	2.0	1 lb dry = about 3 cups dry cornmeal
Diy	Pound	25.3	1/2 cup cooked	4.0	
	Pound	16.9	3/4 cup cooked	6.0	
Cereal Grains Cornmeal (Group H) Stone ground	Pound	57.3	1/4 cup cooked	1.8	1 lb dry = about 3-3/8 cups dry, stone-ground cornmeal
Dry	Pound	28.6	1/2 cup cooked	3.5	
	Pound	19.1	3/4 cup cooked	5.3	
Cereal Grains Corn Grits (Group H) Instant	Pound	54.7	1/4 cup cooked	1.9	1 lb dry = about 5-3/4 cups dry, instant corn grits
Dry	Pound	27.4	1/2 cup cooked	3.7	
	Pound	18.2	3/4 cup cooked	5.5	

Section 3—Gra					
1 Food As Purchased, AP	2 Purchase Unit	per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CEREAL GRAINS	S (continue	d)			
Cereal Grains Corn Grits (Group H) Quick	Pound	45.0	1/4 cup cooked	2.3	1 lb dry = about 2-3/4 cups dry, quick grits
Dry	Pound	22.4	1/2 cup cooked	4.5	
	Pound	15.0	3/4 cup cooked	6.7	
Cereal Grains Corn Grits (Group H) Regular	Pound	50.3	1/4 cup cooked	2.0	1 lb dry = about 2-3/4 cups dry, regular grits
Dry	Pound	25.1	1/2 cup cooked	4.0	
	Pound	16.7	3/4 cup cooked	6.0	
Cereal Grains Farina (Group H) Instant	Pound	45.5	1/4 cup cooked	2.2	1 lb dry = about 2-3/8 cups dry, instant farina
Dry	Pound	22.7	1/2 cup cooked	4.4	
	Pound	15.1	3/4 cup cooked	6.6	
Cereal Grains Farina (Group H) Regular	Pound	58.9	1/4 cup cooked	1.7	1 lb dry = about 2-1/2 cups dry, regular farina
Dry	Pound	29.4	1/2 cup cooked	3.4	
	Pound	19.6	3/4 cup cooked	5.1	
Cereal Grains Farina (Group H) Quick	Pound	58.1	1/4 cup cooked	1.8	1 lb dry = about 2-1/2 cups dry, quick farina
Dry	Pound	29.0	1/2 cup cooked	3.5	
	Pound	19.3	3/4 cup cooked	5.2	
Cereal Grains Kasha (Group H) Dry	Pound	21.1	1/4 cup cooked	4.8	1 lb dry = about 2-3/8 cups dry or 2.92 lb (about 5-1/4 cups) cooked kasha when prepared with 2 parts water to 1 part dry kasha
	Pound	10.5	1/2 cup cooked	9.6	
	Pound	7.05	3/4 cup cooked	14.2	

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CEREAL GRAIN	S (continue	d)			
Cereal Grains Millet (Group H) Dry	Pound	22.9	1/4 cup cooked	4.4	1 lb dry = about 2-1/8 cups dry or 2.30 lb (about 5-5/8 cups) cooked millet when prepared with 1-1/2 parts water to 1 part dry millet
	Pound	11.4	1/2 cup cooked	8.8	3 77
	Pound	7.64	3/4 cup cooked	13.1	-
Cereal Grains Oats (Group H) Rolled	Pound	46.9	1/4 cup cooked	2.2	1 lb dry = about 5-2/3 cups dry, instant, rolled oats
Instant Enriched	Pound	23.4	1/2 cup cooked	4.3	
Dry	Pound	15.6	3/4 cup cooked	6.5	
Cereal Grains Oats (Group H) Rolled	Pound	47.6	1/4 cup cooked	2.1	1 lb dry = about 6-1/4 cups dry, quick, rolled oats
Quick Dry	Pound	23.8	1/2 cup cooked	4.2	
ы	Pound	15.8	3/4 cup cooked	6.4	
Cereal Grains Oats (Group H) Rolled	Pound	45.4	1/4 cup cooked	2.2	1 lb dry = about 6 cups dry, regular, rolled oats
Regular Dry	Pound	22.7	1/2 cup cooked	4.4	
Includes USDA Commodity	Pound	15.1	3/4 cup cooked	6.7	
Cereal Grains Quinoa (Group H) Dry	Pound	26.4	1/4 cup cooked	3.8	1 lb dry = about 2-1/2 cups dry or 2.51 lb (6-1/2 cups) cooked quinoa when prepared with 2 parts water to 1 part dry quinoa
	Pound	13.2	1/2 cup cooked	7.6	
	Pound	8.81	3/4 cup cooked	11.4	

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CEREAL GRAIN	S (continue	d)			
Cereal Grains Wheat Berries (Group H) Dry	Pound	24.0	1/4 cup cooked	4.2	1 lb dry = about 2-1/4 cups dry or 2.77 lb (about 6 cups) cooked wheat berries when prepared with 3 parts water to 1 part dry wheat berries
	Pound	12.0	1/2 cup cooked	8.4	
	Pound	8.00	3/4 cup cooked	12.5	
Cereal Grains Wheat Cereal	Pound	49.1	1/4 cup cooked	2.1	1 lb dry = about 4 cups dry, instant, wheat cereal
(Group H) Instant	Pound	24.5	1/2 cup cooked	4.1	
Dry	Pound	16.3	3/4 cup cooked	6.2	
Cereal Grains Wheat Cereal	Pound	49.2	1/4 cup cooked	2.1	1 lb dry = about 3-1/3 cups dry, regular, wheat cereal
(Group H) Regular	Pound	24.6	1/2 cup cooked	4.1	
Dry	Pound	16.4	3/4 cup cooked	6.1	
Cereal Grains Wheat, Rolled (Group H) Dry Includes USDA Commodity	Pound	38.0	1/4 cup cooked	2.7	1 lb dry = about 2-3/8 cups dry or 4.83 lb (about 9-1/2 cups) cooked rolled wheat when prepared with 3-1/2 parts water to 1 part dry rolled wheat
	Pound	19.0	1/2 cup cooked	5.3	
	Pound	12.6	3/4 cup cooked	8.0	= =
CEREALS, REAL	DY-TO-EAT				
Cereals, Ready-to-eat Wheat, Corn, Rice, Oats, Granola (Group I)	Single Serve Package	1.00	1 grains/breads serving (3/4 cup or 1.0 oz, whichever is less)	100.0	Package contents vary with the cereal—flakes, biscuits, shreds, granules, etc.
Cereals, Ready-to-eat Wheat Germ (Group I) Toasted Dry	Pound	13.0	1 grains/breads serving (about 1/4 cup dry; must weigh at least 28.35 g or 1.0 oz dry)	7.7	1 lb dry = about 3-1/4 cups dry wheat germ

Section 3—Gra	ains/Brea	ds			
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	A Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CHOW MEIN NO	ODLES				
Chow Mein Noodles (Group A)	Pound	34.8	1/2 grains/breads serving (about 1/4 cup; must weigh at least 10 g or 0.4 oz)	2.9	
	Pound	17.4	1 grains/breads serving (about 1/2 cup; must weigh at least 20 g or 0.7 oz)	5.8	
CORN CHIPS					
Corn Chips (Group B)	Pound	20.0	1/2 grains/breads serving (about 1/3 cup; must weigh at least 13 g or 0.5 oz))	5.0	
	Pound	15.0	1 grains/breads serving (about 2/3 cup; must weigh at least 25 g or 0.9 oz)	6.7	
couscous					
Couscous (Group H) Dry	Pound	29.1	1/4 cup cooked	3.5	1 lb dry = about 2-3/8 cups dry couscous
	Pound	14.5	1/2 cup cooked	6.9	add 3-1/4 cups water to 1 lb dry couscous
	Pound	9.71	3/4 cup cooked	10.3	1 lb dry = 2.55 lb (about 7-1/4 cups) cooked couscous
CROUTONS					
Croutons (Group A) Prepackaged Dry	Pound	44.6	1/2 grains/breads serving (about 1/4 cup dry; must weigh at least 10 g or 0.4 oz)	2.3	1 lb dry = about 11-1/8 cups dry croutons
	Pound	22.3	1 grains/breads serving (about 1/2 cup dry; must weigh at least 20 g or 0.7 oz)	4.5	

Section 3—Gr	ains/Brea	ids 			
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
GRAHAM CRAC	CKERS				
Graham Crackers (Group B)	Pound	32.4	1/2 grains/breads serving (about 2 crackers; must weigh at least 13 g or 0.5 oz)	3.1	1 lb AP = about 64 crackers
	Pound	21.3	1 grains/breads serving (about 4 crackers; must weigh at least 25 g or 0.9 oz)	4.7	
MELBA TOAST					
Melba Toast (Group A)	Pound	37.8	1/2 grains/breads serving (about 3 pieces; must weigh at least 10 g or 0.4 oz)	2.7	
	Pound	22.2	1 grains/breads serving (about 5 pieces; must weigh at least 20 g or 0.7 oz)	4.5	H
PASTA					
Pasta (Group H) Bowties Large size	Pound	25.1	1/4 cup cooked	4.0	1 lb dry = about 7-1/2 cups dry bowtie pasta
Dry	Pound	12.5	1/2 cup cooked	8.0	1 lb dry = 2.66 lb (about 6-1/4 cups) cooked pasta boiled 17 minutes
	Pound	8.39	3/4 cup cooked	12.0	
Pasta (Group H) Elbow Macaroni	Pound	39.0	1/4 cup cooked	2.6	1 lb dry = about 3-1/2 cups dry elbow macaroni
Regular Dry	Pound	19.5	1/2 cup cooked	5.2	
	Pound	13.0	3/4 cup cooked	7.7	
Pasta (Group H) Noodles Egg	Pound	40.3	1/4 cup cooked	2.5	1 lb dry = about 11-7/8 cups dry egg noodles
Medium Dry	Pound	20.1	1/2 cup cooked	5.0	
	Pound	13.4	3/4 cup cooked	7.5	

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	Purchase Units for 100 Servings	6 Additional Information
PASTA (continu	ed)				
Pasta (Group H) Noodles Lasagna	Pound	28.3	1/4 cup cooked	3.6	1 lb dry = about 21 pieces dry lasagna noodles
Dry	Pound	14.1	1/2 cup cooked	7.1	1 lb dry = 2.66 lb (about 7 cups) cooked pasta boiled 15 minutes
	Pound	9.46	3/4 cup cooked	10.6	
Pasta (Group H) Noodles Lasagna sheets	Pound	13.9	1/4 cup cooked	7.2	1 lb frozen = about 3-3/4 frozen lasagna sheets
Frozen	Pound	6.96	1/2 cup cooked	14.4	1 lb AP = 1.47 lb (about 2-1/2 sheets) cooked pasta boiled 4 minutes
	Pound	4.64	3/4 cup cooked	21.6	
Pasta (Group H) Noodles Ramen	Pound	25.4	1/4 cup cooked	4.0	1 lb dry = about 5-1/2 cups dry ramen noodles
Dry	Pound	12.7	1/2 cup cooked	7.9	1 lb dry = 3.07 lb (about 6-1/3 cups) cooked pasta boiled 3 minutes
	Pound	8.48	3/4 cup cooked	11.8	
Pasta (Group H) Orzo Dry	Pound	25.5	1/4 cup cooked	4.0	1 lb dry = about 2-3/8 cups dry orzo pasta
ы	Pound	12.7	1/2 cup cooked	7.9	1 lb dry = 3.07 lb (about 6-3/8 cups) cooked orzo pasta boiled 9 minutes
	Pound	8.53	3/4 cup cooked	11.8	
Pasta (Group H) Penne Dry	Pound	31.2	1/4 cup cooked	3.2	1 lb dry = about 5-1/8 cups dry penne pasta
ы	Pound	15.6	1/2 cup cooked	6.5	1 lb dry = 2.60 lb (about 7-3/4 cups) cooked pasta boiled 14 minutes
	Pound	10.4	3/4 cup cooked	9.7	

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PASTA (continue	ed)				
Pasta (Group H) Shells Large size	Pound	25.3	1/4 cup cooked (about 2 shells)	4.0	1 lb dry = about 10-7/8 cups dry large shell pasta
(for stuffing) Dry	Pound	12.6	1/2 cup cooked (about 4 shells)	8.0	1 lb dry = 2.27 lb (about 6-1/3 cups) cooked pasta shells boiled 14 minutes
Pasta (Group H) Shells Medium	Pound	26.7	1/4 cup cooked	3.8	1 lb dry = about 6 cups dry medium shell pasta
Dry	Pound	13.3	1/2 cup cooked	7.6	1 lb dry = 2.53 lb (about 6-2/3 cups) cooked pasta
	Pound	8.93	3/4 cup cooked	11.2	1/4 cup cooked = about 17 shells boiled 12 minutes
Pasta (Group H) Spaghetti Regular	Pound	21.2	1/4 cup cooked al dente	4.8	1 lb dry = about 3-1/4 cups dry spaghetti pieces
Dry	Pound	10.6	1/2 cup cooked al dente	9.5	1 lb dry = 2.37 lb (about 5-1/4 cups) <i>al dente</i> cooked pasta (boiled 8 minutes)
	Pound	7.06	3/4 cup cooked al dente	14.2	
Pasta (Group H) Spiral (Rotini) Dry	Pound	33.8	1/4 cup cooked	3.0	1 lb dry = about 5-3/8 cups dry spiral pasta
<i>D</i> ., y	Pound	16.9	1/2 cup cooked	6.0	
	Pound	11.2	3/4 cup cooked	9.0	
Pasta (Group H) Wagon Wheels Medium size	Pound	31.1	1/4 cup cooked	3.3	1 lb dry = about 5 cups dry wagon wheel pasta
Dry	Pound	15.5	1/2 cup cooked	6.5	1 lb dry = 2.79 lb (about 7-3/4 cups) cooked pasta boiled 12 minutes
	Pound	10.3	3/4 cup cooked	9.7	

Section 3—Grains / Breads

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
RICE⁴					
Rice (Group H) ⁴ Brown Instant	Pound	32.0	1/4 cup cooked	3.2	1 lb dry = about 4-3/8 cups dry rice
Dry	Pound	16.0	1/2 cup cooked	6.3	1 lb dry = about 8 cups cooked
	Pound	10.6	3/4 cup cooked	9.5	1 cup dry = about 3-1/4 cups cooked
Rice (Group H) ⁴ Brown Long grain	Pound	17.5	1/4 cup cooked	5.8	1 lb dry = about 2-1/2 cups dry rice
Regular Dry	Pound	8.75	1/2 cup cooked	11.5	1 lb dry = about 4-3/8 cups cooked
	Pound	5.83	3/4 cup cooked	17.2	1 cup dry = about 1-3/4 cups cooked
Rice (Group H) ⁴ White Long grain	Pound	28.0	1/4 cup cooked	3.6	1 lb dry = about 2-1/2 cups dry rice
Parboiled (Converted) Dry	Pound	14.0	1/2 cup cooked	7.2	1 lb dry = about 7 cups cooked
2.,	Pound	9.33	3/4 cup cooked	10.8	1 cup dry = about 2-3/4 cups cooked
Rice (Group H) ⁴ White Long grain	Pound	28.0	1/4 cup cooked prepared with boiling water	3.6	1 lb dry = about 4-1/2 cups dry rice
Instant Dry	Pound	14.0	1/2 cup prepared with boiling water	7.2	1 lb dry = about 7 cups cooked
	Pound	9.33	3/4 cup prepared with boiling water	10.8	1 cup dry = about 1-1/2 cups cooked
Rice (Group H) ⁴ White Long grain	Pound	30.0	1/4 cup cooked	3.4	1 lb dry = about 2-1/3 cups dry rice
Regular Dry	Pound	15.0	1/2 cup cooked	6.7	1 lb dry = about 7-1/2 cups cooked
	Pound	10.0	3/4 cup cooked	10.0	1 cup dry = about 3-1/4 cups cooked

^{*}The yield for rice differs depending on how it is cooked. The yields provided in this guide represent the lower range of the average yield for each type of rice. If you consistently get a different yield for your cooking method, you may want to see pages I-3 & I-4 of the introduction on how to establish in-house yield data in cooperation with your State agency.

Section 3—G	rains/Brea	ds			
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
RICE4 (continue	ed)			· · · ·	
Rice (Group H) ⁴ White Medium grain	Pound	27.0	1/4 cup cooked	3.8	1 lb dry = about 2-1/4 cups dry rice
Regular Dry	Pound	13.5	1/2 cup cooked	7.5	1 lb dry = about 6-3/4 cups cooked
	Pound	9.00	3/4 cup cooked	11.2	1 cup dry = about 3 cups cooked
Rice (Group H) ⁴ White	Pound	27.0	1/4 cup cooked	3.8	1 lb dry = about 2-1/4 cups dry rice
Short grain Regular Dry	Pound	13.5	1/2 cup cooked	7.5	1 lb dry = about 6-3/4 cups cooked
	Pound	9.00	3/4 cup cooked	11.2	1 cup dry = about 3 cups cooked
RICE CAKES ⁵					
Rice Cakes ⁵ (Group A) Puffed Includes seeds or	Package (average 5.25 oz)	10.7	1/2 grains/breads serving (about 1-1/2 cakes, puffed; must weigh at least 10 g or 0.4 oz)	9.3	1 lb AP = about 48 rice cakes
other grains	Package (average 5.25 oz)	5.30	1 grains/breads serving (about 3 cakes, puffed; must weigh at least 20 g or 0.7 oz)	18.8	~
RYE WAFERS					<u> </u>
Rye Wafers (Group A)	Pound	36.0	1/2 grains/breads serving (about 2 wafers; must weigh at least 10 g or 0.4 oz)	2.8	
	Pound	18.0	1 grains/breads serving (about 4 wafers; must weigh at least 20 g or 0.7 oz)	5.6	

⁴The yield for rice differs depending on how it is cooked. The yields provided in this guide represent the lower range of the average yield for each type of rice. If you consistently get a different yield for your cooking method, you may want to see pages I-3 & I-4 of the introduction on how to establish in-house yield data in cooperation with your State agency.

⁵Does not include popcorn cakes or popcorn in combination with other grains since popcorn is not creditable towards meal pattern requirements.

Section 3—Gra	· · · · · · · · · · · · · · · · · · ·	225	A Sorving Size nor	C Purchase	↑ Additional
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
SALTINES					
Saltines (Group A)	Pound	41.2	1/2 grains/breads serving (about 4 crackers; must weigh at least 10 g or 0.4 oz)	2.5	
	Pound	20.6	1 grains/breads serving (about 8 crackers; must weigh at least 20 g or 0.7 oz)	4.9	
SODA CRACKE	RS				
Soda Crackers (Group A)	Pound	45.0	1/2 grains/breads serving (about 2 crackers; must weigh at least 10 g or 0.4 oz)	2.3	
	Pound	22.5	1 grains/breads serving (about 4 crackers; must weigh at least 20 g or 0.7 oz)	4.5	
TACO/TOSTADA	SHELLS				
Taco/Tostada Shells (Group B)	Dozen	12.0	1/2 grains/breads serving (about 1 taco/tostada shell; must weigh at least 13 g or 0.5 oz)	8.4	
	Dozen	6.00	1 grains/breads serving (about 2 taco/tostada shells; must weigh at least 25 g or 0.9 oz)	16.7	
WILD RICE					
Wild Rice (Group H) Dry	Pound	34.8	1/4 cup cooked	2.9	1 lb dry = about 2-2/3 cups dry wild rice
	Pound	17.4	1/2 cup cooked	5.8	2-1/2 cups water to 1 cup dry wild rice
	Pound	11.6	3/4 cup cooked	8.7	1 lb dry = 2.55 lb (about 8-2/3 cups) cooked wild rice

Section 3—Gr	ains/Brea	ds			
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
WILD RICE (con	tinued)				
Wild Rice and Enriched White Rice Mix (Group H)	Pound	28.7	1/4 cup cooked	3.5	1 lb dry = about 2-3/8 cups dry mixed rice
Dry	Pound	14.3	1/2 cup cooked	7.0	2-1/4 cups water to 1 cup dry rice mix
	Pound	9.57	3/4 cup cooked	10.5	1 lb dry = 3.21 lb (about 7-1/8 cups) cooked rice mix
ZWEIBACK					
Zweiback (Group A)	Pound	32.4	1/2 grains/breads serving (about 2 pieces; must weigh at least 10 g or 0.4 oz)	3.1	\$- B
	Pound	21.3	1 grains/breads serving (about 3 pieces; must weigh at least 20 g or 0.7 oz)	4.7	

Section

Food Buying Guide for Child Nutrition Programs

Milk



- 4-1 Fluid Milk for the Child Nutrition Programs
- 4-2 Yield Data Table for Milk

Section

Food Buying Guide for Child Nutrition Programs



Milk

Fluid Milk for the Child Nutrition Programs Regulations for most Child Nutrition Programs require that fluid milk must be offered at each breakfast, lunch, or supper. Fluid milk is not required to be served with the adult supper in the Child and Adult Care Food Program (CACFP). Fluid milk is one of the options for a snack in the CACFP, the Summer Food Service Program (SFSP), and the afterschool snack service in the National School Lunch Program (NSLP).

In a lunch or a supper, the fluid milk must be served as a beverage. For a breakfast or a snack, you may serve the fluid milk as a beverage, on cereal, or both.

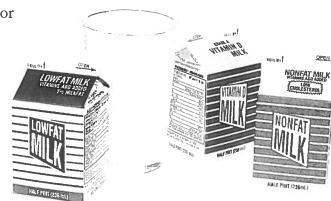
In the School Breakfast Program, the CACFP, and the SFSP, fluid milk includes whole milk, lowfat milk, reduced fat milk, skim milk or nonfat milk, cultured buttermilk, lactose-reduced milk or lactose-free milk, acidified milk, or flavored milk made from types of fluid milk that meet State or local standards.

Schools participating in the NSLP must offer students fluid milk. The selection of the types of milk offered must be consistent with the types of milk consumed in the prior year. This requirement does not preclude schools from offering additional kinds of milk. However, in the event that a particular type of milk represents less than one (1) percent of the total amount of milk consumed in a previous year, a school may elect not to make this type of milk available. Schools are encouraged to offer a wide variety of milks. Since some children may be lactose intolerant, it may be a good idea to offer lactose-reduced milk or lactose-free milk as a choice.

Fluid milk includes pasteurized fluid unflavored or flavored skim milk or nonfat milk, lowfat milk, whole milk, lactose-

reduced milk, lactose-free milk, or

cultured buttermilk, all of which meet State and local standards for such milk. The milk must contain vitamins A and D at levels specified by FDA, and must be consistent with State and local standards.



Food Buying Guide for Child Nutrition Programs

Section 4 Milk

Section 4—Milk									
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information				
MILK, FLUID									
Milk, fluid Skim or Nonfat milk, Lowfat milk,	Gallon	16.0	1/2 pint milk (1 cup milk)	6.3					
Reduced fat milk, Whole milk,	Gallon	21.3	3/4 cup milk	4.7					
Lactose-reduced milk,	Gallon	32.0	1/2 cup milk	3.2					
Lactose-free milk, Buttermilk, Acidified milk	Quart	4.0	1/2 pint milk (1 cup milk)	25.0					
(unflavored or flavored)	Quart	5.3	3/4 cup milk	18.9					
,	Quart	8.0	1/2 cup milk	12.5					
	1/2 pint (8 fl oz)	1.0	1/2 pint milk	100.0					
	3/4 cup (6 fl oz)	1.0	3/4 cup milk	100.0					
	1/2 cup (4 fl oz)	1.0	1/2 cup milk	100.0					



Section

5

Food Buying Guide for Child Nutrition Programs

Other Foods



- 5-1 Description of Other Foods
- 5-2 Yield Data Table for Other Foods



Other Foods

Description of Other Foods

The foods in this section do not meet the requirement for any component in the meal patterns of the food based menu planning approaches. These items are included since they are frequently used as condiments and seasonings, to round out the meal, to improve acceptability, and to satisfy children's appetites. Because of the calories and nutrients these items contain they are counted in any nutrient analysis.

The calories supplied by these foods help to meet the energy needs of growing children. They also contribute varying amounts of protein, vitamins, and minerals essential to good nutrition. However, many of these foods are high in salt, sugar, or fat. For that reason, you may want to consider carefully how often and in what amount you use them.

The section does not include yields for all of the "other foods" you need in preparing meals. Flour and sugar, for example, are not included since they are never served alone. When purchase units for 100 servings of a food seem inappropriate, such as 100 cups of mustard, Column 5 is left blank.

Foods are designated as "USDA Commodity" or "Market pack" in Column 1. USDA-donated foods are not normally available on the market. Market pack foods are commercially available.

Refer to the Introduction Section for instructions on using Yield Data Tables.

Food Buying Guide for Child Nutrition Programs

Section 5 Other Foods

Section 5—Other Foods

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size	5 Purchase Units for 100 Servings	6 Additional Information
BUTTER, MARG	ARINE				
Butter	Pound	96.0	1 teaspoon butter	1.1	1 lb = 2 cups
Margarine	Pound	96.0	1 teaspoon margarine	1.1	1 lb = 2 cups
CATSUP (KETC	HUP)				
Catsup (Ketchup) Tomato	No. 10 can (115 oz)	11.4	1 cup catsup		1 No. 10 can = about 11-1/2 cups
	No. 10 can (115 oz)	183.0	1 tablespoon catsup	0.60	-
	20 oz bottle	32.0	1 tablespoon catsup	3.2	
	Pound	1.6	1 cup catsup	-	
CHILI SAUCE					
Chili Sauce	No. 10 can (113 oz)	12.9	1 cup sauce		
	19 oz bottle	2.2	1 cup sauce		
	Pound	1.8	1 cup sauce	-	
COCONUT					
Coconut, fresh In shell	Pound	2.7	1 cup shredded or grated coconut		1 lb in shell = about 0.48 lb (2-3/4 cups) shredded or grated ready-to-serve
Coconut, frozen Shredded	Pound	5.8	1 cup coconut		
Coconut, dried Flakes	Pound	5.1	1 cup coconut		
Coconut, dried Shredded	Pound	4.9	1 cup coconut		

1 Food As	Purchase	2 Servings	4 Serving Size	Purchase	△ Additional
■ Purchased, AP	2 Unit	3 Servings per Purchase Unit, EP	4 557 7115 5125	5 Purchase Units for 100 Servings	6 Additional Information
CREAM					
Cream, fresh Light	1quart	64.0	1 tablespoon cream	1.6	
Cream, fresh Heavy Whipping	1 quart	128.0	1 tablespoon whipped cream	0.79	Volume doubles when whipped
viiippiiig	1 pint	64.0	1 tablespoon whipped cream	1.6	
CREAM CHEES	E				
Cream Cheese	Pound	15.6	2 tablespoons cheese	6.5	
EGG PRODUCT					
Egg Product, frozen Egg Whites	Pound	7.51	1/4 cup portion	13.4	1 lb frozen = about 1-5/8 cups thawed
Egg Product, frozen Egg Yolks	Pound	7.51	1/4 cup portion	13.4	1 lb frozen = about 1-5/8 cups thawed
FISH, SURIMI					
Fish, Surimi, frozen	Pound	10.8	1/4 cup thawed surimi	9.3	1 lb AP = 0.98 lb ready-to- use, thawed surimi (about 2-3/4 cups)
	Pound	15.7	1 oz thawed surimi	6.4	
	Pound	10.4	1-1/2 oz thawed surimi	9.7	
FROZEN DESSE	RTS				
Frozen Desserts Ice cream Ice milk Sherbet - Brick	1 quart	8.0	1 slice (1/2 cup)	12.5	
Frozen Desserts	1 gal	32.0	1/2 cup portion	3.2	
Ice cream Ice milk Sherbet Frozen yogurt Bulk Hardened or Soft serve	1 gal	64.0	1/4 cup portion	1.6	

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size	5 Purchase Units for 100 Servings	6 Additional Information
HOMINY					
Hominy, canned	No. 10 can (105 oz)	46.9	1/4 cup hominy	2.2	1 can = about 68 oz drained
	No. 2-1/2 can (29 oz)	12.9	1/4 cup hominy	7.8	1 can = about 19 oz drained
	No. 300 can (15-1/2 oz)	6.3	1/4 cup hominy	15.9	
HONEY					
Honey Strained	Pound	1.4	1 cup honey		
	Pound	22.3	1 tablespoon honey	4.5	
JAMS, JELLIES	and PRESE	RVES			
Jams, Jellies and Preserves	1 gal	16.0	1 cup jam	0.40	
	1 gal	256.0	1 tablespoon jelly	0.40	
	1 quart	4.0	1 cup jam		
	1 quart	64.0	1 tablespoon jam	1.6	, ²
	Pound	1.4	1 cup jam		
	Pound	22.6	1 tablespoon jam	4.5	
KETCHUP (see	CATSUP)				
MILK, DRIED					
Milk, dried Whole Regular	Pound	14.2	1 cup reconstituted		4.5 oz (1 cup) dry plus 3-1/2 cups water = about 1 qt fluid whole milk
	Pound	3.5	1 cup dry milk		
Milk, dried Nonfat Instant	Pound	20.0	1 cup reconstituted milk		3.2 oz (1-1/3 cups) dry plus 3-3/4 cups water = about 1 qt fluid skim milk
	Pound	6.6	1 cup dry milk	ť	

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size 5 Purchas Units for 100 Servings		U Information	
MILK, DRIED (c	ontinued)					
Milk, dried Non-instant USDA Commodity	Pound	20.0	1 cup reconstituted milk	·	3.2 oz (3/4 cup) dry plus 3-3/4 cups water = about 1 qt fluid skim milk	
	Pound	3.7	1 cup dry milk			
MILK, EVAPORA	TED					
Milk, Evaporated, canned	No. 10 can (97 oz)	12.0	1 cup concentrated milk		To reconstitute, add 1 part evaporated milk with 1 part water	
	13 fl oz can	1.6	1 cup concentrated milk			
MUSTARD						
Mustard Prepared	1 gal (about 142 oz)	16.0	1 cup mustard			
	1 gal (about 142 oz)	256.0	1 tablespoon mustard	0.40		
	1 quart (about 35 oz)	64.0	1 tablespoon mustard	1.6		
	Pound	1.8	1 cup mustard			
PICKLE RELISH						
Pickle Relish	1 gal (about 147 oz)	16.0	1 cup relish		1 gal = about 58 oz drained (about 8 cups)	
	1 gal (about 147 oz)	256.0	1 tablespoon relish	0.40		
	1 quart (about 35 oz)	64.0	1 tablespoon relish	1.6		
	Pound	1.8	1 cup relish			
PORK						
Pork, fresh Pig Ears	Pound	15.6	1 oz cooked pig's ear	6.5	1 lb AP = 0.98 lb cooked pig's ears	
Lobe off Square cut	Pound	10.4	1-1/2 oz cooked pig's ear	9.7		

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size	5 Purchase Units for 100 Servings	6 Additional Information
PORK (continue	ed)				
Pork, fresh Pig Feet Front	Pound	0.64	1 oz cooked pig's feet	156.3	1 lb AP = 0.04 lb cooked, skinned, boned meat
(Like IMPS #420)	Pound	0.42	1-1/2 oz cooked pig's feet	238.1	
Pork, fresh Pig Feet Hind	Pound	0.32	1 oz cooked pig's feet	312.5	1 lb AP = 0.02 lb cooked, skinned, boned meat
(Like IMPS #420A)	Pound	0.21	1-1/2 oz cooked pig's feet	476.2	
PORK, MILD CL	JRED				
Pork, Mild Cured, chilled or frozen Bacon Slices Precooked	Pound	116.0	bacon slices per pound	0.87	1 lb AP = 0.86 lb cooked bacon (about 6 cups thawed cooked and chopped)
Pork, Mild Cured, chilled or frozen Bacon Slices Raw	Pound	23.0	bacon slices per pound	4.4	1 lb AP = 0.38 lb cooked bacon (about 5 cups chopped)
Pork, Mild Cured, chilled or frozen	Pound	0.32	1 oz cooked ham hocks	312.5	1 lb AP = 0.02 lb cooked meat from ham hocks
Ham Hocks Cured and Smoked (Like IMPS #560)	Pound	0.21	1-1/2 oz cooked ham hocks 476.2		
POPCORN, POF	PED				
Popcorn, Popped	48 – 1 oz individual packages	136.7	1/4 cup popped	0.74	1 oz pkg = about 2-1/4 cups
	Pound	68.3	1/2 cup popped	1.5	1 lb dry = about 34-1/4 cups
	Pound	45.5	3/4 cup popped	2.2	
	Pound	34.1	1 cup popped	3.0	
POTAO CHIPS					
Potato Chips	Pound	32.0	1/2 ounce chips (about 1/2 cup)	3.2	

Section 5—01	her Foods				
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size	5 Purchase Units for 100 Servings	6 Additional Information
POTATO STICKS	S				
Potato Sticks	Pound	32.0	1/2 ounce sticks (about 3/8 cup)	3.2	
PUDDING					
Pudding, canned Ready-to-serve Butterscotch, Chocolate, Vanilla, etc.	No. 10 can (112 oz) No. 10 can (112 oz)	47.9 23.9	1/4 cup pudding 1/2 cup pudding	2.1	1 can = about 12 cups ready-to-serve pudding
SALAD DRESSI	NGS				
Salad Dressings	1 gal	16.0	1 cup dressing		
French,					7 7 1 7 7
Mayonnaise, Mayonnaise type	1 gal	256.0	1 tablespoon dressing	0.40	
	1 quart	4.0	1 cup dressing		
	1 quart	64.0	1 tablespoon dressing	1.6	
SYRUPS					
Syrups Cane, Corn,	1 gal (about 183 oz)	16.0	1 cup syrup		
Maple, Molasses, etc.	1 gal (about 183 oz)	128.0	2 tablespoon syrup	0.79	
	1 quart	4.0	1 cup syrup		
	1 quart	32.0	2 tablespoons syrup	3.2	
VEGETABLES F	OR SEASON	ING			
Vegetables for Seasoning, dried Celery Flakes	Ounce	1.3	1 cup dry flakes		For flavor, use 1 oz dry in place of 11.3 oz (2-2/3 cups) fresh chopped celery
	Pound	21.6	1 cup dry flakes		
Vegetables for Seasoning, dried Chives Freeze-dried Flakes	Ounce	2.8	1 cup flakes		For flavor, use 1 oz dry in place of 14.7 oz (8-2/3 cups) fresh chopped chives
ianoo	Pound	46.2	1 cup flakes		

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size	5 Purchase Units for 100 Servings	6 Additional Information
VEGETABLES F	OR SEASON	IING (contin	ued)		
Vegetables for Seasoning, dried Garlic Minced	Ounce	2.6	1 tablespoon garlic	-	For flavor, use 1/4 tsp. dry in place of 2 cloves fresh minced garlic
	Pound	42.0	1 tablespoon garlic		
Vegetables for	Ounce	7.2	1 tablespoon flakes		
Seasoning, dried Mixed vegetables Flakes	Pound	7.8	1 cup flakes	-	
Vegetables for Seasoning, dried Onions Chopped	Ounce	6.0	1 tablespoon onions		For flavor, use 1 oz dry in place of about 9.1 oz (1-1/2 cup) fresh chopped onion
	Pound	5.2	1 cup onions		
Vegetables for Seasoning, dried	Ounce	6.0	1 tablespoon onions	-	
Onions Minced	Pound	4.5	1 cup onions		
Vegetables for Seasoning, dried	Ounce	6.0	1 tablespoon flakes	1-3-5	
Onions Flakes	Pound	7.6	1 cup flakes		
Vegetables for Seasoning, dried Parsley Flakes	Ounce	21.8	1 tablespoon flakes		For flavor, use 1 oz dry in place of about 2.9 oz (4 cups) fresh chopped parsley
	Pound	20.6	1 cup flakes	-	
Vegetables for Seasoning, dried Pepper, Green or Red Flakes	Ounce	11.3	1 tablespoon flakes		For flavor, use 1 oz dry in place of about 8.8 oz (1-2/3 cups) fresh choppe green pepper
runos	Pound	11.3	1 cup flakes		
	1				

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size	5 Purchase Units for 100 Servings	6 Additional Information	
YEAST Yeast Active Dry	Pound	3.1	1 cup yeast		1 package (1/4 oz) = about 1 tablespoon	
Yeast Compressed	Pound	25.2	1 cake yeast		1 cake (5/8 oz) = 1 package; (1/4 oz) active dry yeast	



Food Buying Guide for Child Nutrition Programs

Appendices

Appendix A: Recipe Analysis

Appendix B: Using Column 6 for Recipe Analysis

Appendix C: The USDA Child Nutrition Labeling Program

Appendix D: Food Purchasing: A Summary of First Choice

and Choice Plus

Appendix E: Resources



Appendix

Food Buying Guide for Child Nutrition Programs

Recipe Analysis



Recipe Analysis

How to Use the Recipe Analysis Worksheet 1. The recipe analysis worksheet (Figure 1, page A-7) has been added to the Food Buying Guide as a tool to help you calculate the contributions of ingredients towards the meat/meat alternates, vegetables/fruits, and/or grains/breads components of the meal pattern requirements. Determining the contributions your recipes (either USDA modified or locally produced) make towards the meal pattern requirements is an important step in ensuring the meals you serve are

nutritious and meet Federal meal pattern requirements.

- 2. A calculator is most helpful when working with decimals. To determine the contribution a recipe's ingredients make toward meal pattern requirements, you must follow several steps. To illustrate the procedures, a worksheet has been completed for Spaghetti with Meat Sauce (Figure 2), Beef and Spaghetti Casserole (Figure 3), Beef Stew (Figure 4), and Cooked Oatmeal with Raisins and Crunchy Wheat Germ (Figure 5). The Spaghetti with Meat Sauce example uses large quantities of food typically used in a school setting (100 portions). The Beef and Spaghetti Casserole recipe uses a smaller quantity of food often seen in a day care setting (25 portions). The Beef Stew recipe is for 50 portions. The Cooked Oatmeal with Raisins and Crunchy Wheat Germ example (100 portions) uses the serving size required for the School Breakfast Program.
- 3. Keep in mind the rounding rule used when calculating the *credit* for meal pattern components. For *crediting purposes*, you need to round down to ensure that each portion served provides the minimum amount of credit you are claiming. This is different for the rounding rule used when calculating how much food to purchase and/or prepare. The rounding rule used for purchasing and/or preparing food is to round up to ensure enough food is purchased and/or prepared.

Recipe Name. Record the name of the recipe at the top of the page.

Portions per Recipe. Record the number of portions your recipe will yield.

Column 1 - Ingredients. List the recipe ingredients in Column 1 of the worksheet. It is not necessary to list ingredients that do not contribute towards meal pattern requirements. Record a description of each ingredient as precisely as possible. For example, record "ground beef, no more than 20 percent fat" or "spaghetti, dry" if these are the exact ingredients called for in the recipe. It is a good idea to group ingredients together that contribute to the same meal component: list all the meat/meat alternates ingredients first, list all the vegetables/fruits ingredients next, then list all the grains/breads ingredients.

Column 2 – Quantity of Ingredient as Purchased. Record the "as purchased" weight or volume measure of each ingredient in the recipe in Column 2 of the worksheet. Convert ounces to their decimal equivalent of a pound. (see "Decimal Weight Equivalents" Table 5 on page I-36) The quantity specified in Column 2 of the worksheet must be in the same units as the purchase unit which will be recorded in Column 3. For example, if 2 No. 10 cans of peas are recorded in Column 2, make sure the purchase unit in Column 3 is a No. 10 can also.

Special Considerations for Column 2:

When the recipe calls for the prepared/ready-to-use form of an ingredient, and the *Food Buying Guide* does not provide yield data for that form, you will have to convert the weight of that ingredient to its unprepared weight in order to determine how many servings are provided by that ingredient.

If the recipe calls for food in a certain form and if yield data for the food in the same form is available in this guide as described in Column 1, conversion of the weight is not necessary. For example, if your recipe calls for onions, fresh, peeled, and diced, no conversion is necessary since the *Food Buying Guide* provides yield data for onions, fresh, diced, ready-to-use as described in Column 1 (see page 2-51).

However, if the form of the food used in the recipe is not listed in Column 1 of the *Food Buying Guide*, conversion of the ingredient weight is necessary. For example, if the recipe calls for eggplant, raw, pared, cubed, a conversion of the ingredient weight is needed since the *Food Buying Guide* only provides data for whole eggplant as described in Column 1. In other words, in order to determine the number of 1/4-cup servings provided by the amount of raw, pared, cubed eggplant in the recipe, you must determine the weight of the whole unpared eggplant (the "as purchased" weight) so that you can then use the yield data in this guide.

To convert the weight from the prepared/ready-to-serve form to the as-purchased weight, divide the weight of the prepared/ready-to-serve ingredient given in the recipe by the corresponding yield factor provided in Column 6 (Additional Yield Information) of the *Food Buying Guide*.

The resulting answer will be entered in Column 2 of the worksheet. Do not round up.

For example, a recipe calls for 10 pounds of raw, pared, cubed eggplant, but the *Food Buying Guide* only provides yield data for whole eggplant. In this case, the weight of the raw pared, cubed eggplant in the recipe needs to be converted to the weight of the whole eggplant in order to record in Column 2, the amount of whole eggplant that will provide the amount of pared, cubed eggplant required for the recipe. To convert the weight of raw, pared, cubed eggplant to the weight of the fresh whole eggplant, divide 10 pounds of raw, pared cubed eggplant by the yield factor in Column 6 (which is 0.81). The calculation is as follows: 10 divided by 0.81 = 12.34. You would record 12.34 pounds of fresh whole eggplant in Column 2 of the Recipe Analysis Worksheet, and you would then record that whole eggplant yields 6.7 1/4-cup servings of cooked vegetable cubes per pound in Column 4 of the Recipe Analysis Worksheet.

For additional examples using Column 6 yield data, see calculation examples from Method 3 on pages I-63 through I-65. You may also refer to Appendix B for another example of determining yields of prepared/ready-to-serve ingredients.

Column 3 – Purchase Unit. Record the purchase unit in which you buy the ingredient such as pound, No. 10 can, dozen, etc., in Column 3 of the worksheet. Keep in mind that it is important to use the same purchase unit of the ingredient as specified under "Purchase Unit," Column 2 of the *Food Buying Guide*.

Column 4 – Servings per Purchase Unit. Record the number of servings per purchase unit of the ingredient in Column 4 of the worksheet. This information will be found in Column 3 of the *Food Buying Guide*. The number of servings per purchase unit varies for different preparation methods or forms of the ingredient as served. Therefore, you should pay particular attention to the description of the food as served when selecting the number of servings per purchase unit to use in the calculations. The description of the form of the food should be most nearly like that of the food after preparation of the recipe is complete and as it is served. For example, if a recipe specifies raw, sliced carrots as an ingredient and the carrots are cooked in the process of preparing the recipe, use the information in Column 3 of the *Food Buying Guide* for cooked sliced carrots.

Special Considerations for Column 4:

For a grains/breads ingredient you will need to be aware of the two different ways the serving data are provided in the yield tables:

1) By number of grains/breads servings

Most grains/breads items, such as crackers, taco shells, and bread, provide yield data by number of grains/breads servings, for example, 1/2 serving, 1 serving, or 1-1/2 servings. If the ingredient you are using provides the yield data by number of servings, the purchase unit you need to record in Column 4 of the Recipe Analysis Worksheet must be the yield data for 1 serving of grains/breads.

2) By volume

Items categorized as cooked cereal grains, pasta, rice, and wild rice are listed by portions of a cup, for example, 1/4 cup, 1/2 cup, or 3/4 cup. If the ingredient you are using provides the yield data by fractions of a cup, you need to:

- A) Know the total number of servings needed using one specific volume measurement. For example, if you need 50 1/4-cup servings plus 50 1/2-cup servings you will need either a total of 150 1/4-cup servings or 75 1/2-cup servings;
- B) Choose one volume measurement and use the corresponding yield data for that specific volume measurement. For example, if the ingredient is barley and you have calculated the number of 1/2 cup servings needed for all servings combined, "pound" will be recorded in Column 3 and 21.2 is recorded in Column 4 since this yield data corresponds to the 1/2 cup serving of cooked barley;
- C) Understand that the servings per portion will be in units of the specific volume measurement that you have chosen in step B. As in the example above for barley, the portion chosen is 1/2 cup, the yield data needed to calculate the number of servings corresponds to 1/2 cup, therefore, the answer will be in 1/2 cup servings of grains/breads.

Note: You will need to know what volume portion will provide one grains/breads serving for your program. According to Exhibit A (see pages 3–15 & 3–16), for cooked cereal grains, pasta, rice and wild rice, one grains/breads serving = 1/2 cup cooked. However, there is an exception: For the School Breakfast Program for Grades K-12, one grains/breads serving = 3/4 cup or 1 ounce cereal. This means 3/4 cup or 1 ounce (whichever is less) of cold dry cereal or 3/4 cup cooked cereal is equivalent to one grains/breads serving.

Column 5 – Calculation of the **meat/meat alternates** contribution per serving. Follow these steps:

For each meat or meat alternate ingredient in the recipe, multiply the number recorded in Column 2 by the number recorded in Column 4. (Column 2 X Column 4 = Column 5.) Record the answer to two decimal places.

Note: When whole eggs are an ingredient in a recipe, the number entered in Column 4 of the worksheet, servings per purchase unit (obtained from Column 3 of the Food Buying Guide), should be 24 one-ounce servings per dozen large eggs. This is necessary so that the Column 5 entry will be in units of one-ounce servings.

- 2. If more than one meat or meat alternate ingredient is used in the recipe, add all the numbers recorded in Column 5 to determine the total ounces of meat or meat alternate ingredients in the recipe. Then record the sum in the space provided for the total.
- 3. Divide the total of Column 5 by the number of portions the recipe yields to determine the contribution per portion.
- 4. Round down to the nearest 1/4 ounce (0.25 oz).

Note: The contribution that meat or meat alternate ingredients make toward meal pattern requirements is expressed as ounces of "equivalent meat/meat alternate." The minimum equivalent meat or meat alternate provided by a portion of the recipe must be 0.25 ounce to be credited as a meat/meat alternate contribution.

Column 6 – Calculation of the **vegetables/fruits** contribution per serving. Follow these steps:

- For each vegetable or fruit recipe ingredient on the worksheet, multiply the number recorded in Column 2 by the number recorded in Column 4. (Column 2 X Column 4 = Column 6) Record the answer to two decimal places.
- 2. If more than one vegetable or fruit ingredient is used in the recipe, add all of the numbers recorded in Column 6 to determine the total number of 1/4 cup vegetable/fruit servings in the recipe. Then, record the sum in the space provided for the total.
- 3. Divide the total number of 1/4 cup servings by 4 to convert to cups.
- 4. Divide the total number of cups by the number of portions the recipe yields to determine the contribution per portion.
- 5. Record the answer to two decimal places and convert decimal places to the nearest portion of a cup by using table 7 on page I-37. Vegetable/ fruit servings are always rounded down to the nearest 1/8 cup.

Note: A recipe must provide a minimum of 1/8 cup vegetable or fruit per serving to count toward the vegetable/fruit component of the meal pattern requirements.

Column 7 – Calculation of the grains/breads contribution per serving. Follow these steps when using an item having yield data in the FBG:¹

- 1. For each grains/breads recipe ingredient listed on the worksheet, multiply the number recorded in Column 2 by the number recorded in Column 4. (Column 2 X Column 4 = Column 7.) Record the answer to two decimal places.
- 2. If more than one grains/breads ingredient is used in the recipe, add all the numbers recorded in Column 7 to determine the total number of grains/breads servings in the recipe. Record the sum in the space provided for the total.
- 3. Divide the total figure in Column 7 by the number of portions the recipe yields to determine the contribution per portion.
- 4. Round down to the nearest 1/4 grains/breads serving.

Totals: The totals row is used to record the sum or total for the numbers recorded in each component column. For example, all the numbers recorded in Column 5, meat/meat alternates, should be added together and the sum will be recorded in the "totals" space of Column 5. Add the numbers recorded in Columns 6 and 7 the same way and the *sums* or *totals* will be recorded in the appropriate column in the space provided for the total.

Portions per Recipe: Record the total number of portions a recipe provides or yields. This number will be the same for each of the component columns. For example, if your entire recipe provides 100 portions, 100 will be entered in this row for Columns 5, 6 and 7.

Calculations: Note the numbers you will use to calculate or determine the contribution of each component.

Note: Always round down after determining the creditable amount of a meal pattern component. This is to ensure that each portion served will provide the minimum contribution towards meal pattern requirements. When rounding down, sometimes there may be a little bit more credit than what is claimed. It is necessary to round down so that there will never be less credit than what is claimed. (Keep in mind, when calculating how much food to purchase you would not round down, but would round up.)

Each Portion Contributes: This row provides a space to record the final rounded down, calculated answers of how one portion will credit towards each meal pattern component.

For either *locally produced grains/breads items* or for *items not having yield data in the FBG* that only contribute towards the grains/breads component, see section 3 Grains/Breads, pages 3-8 through 3-16 for determining serving size for a creditable item instead of using this worksheet.

Recipe Analysis Worksheet FIGURE 1

Recip	e Name:	Port	tions 1	per Reci	pe:

Ingredients (1)	Quantity of Ingredient As Purchased (number of pur- chase units) (2)	Purchase Unit (3)	Servings per Purchase Unit in Food Buying Guide (4)	Meat/ Meat Alternates (ounces) (5) = (2) X (4)	Vegetables/ Fruits (1/4 cup) (6) = (2) X (4)	Grains/ Breads (servings) (7) = (2) X (4)
			Takala		(1 / 4 - >	
Notes: oz to Ib conversion chart is on p	age I-36		Totals Portions per Recipe		(1/4 c)	
remember to convert ready-to-use products to their "as purchased" amount (see examples in Method 1, pages I-51 through I-59) the values for Columns 5, 6, & 7 are found by multiplying the value in Column 2 by the value in Column 4. remember to divide the total 1/4 cup servings of vegetables/fruits by 4 to get the cups of fruit. grains/breads in portions of a cup: convert all needed servings into the same portion of a cup and use the corresponding yield data for that same size grains/breads in numbers of servings: use the yield data provided for 1 grains/breads serving		Calculations		total ÷ by # portions	total ÷ by 4 (to get units in cups), then ÷ by # portions	total ÷ by #
This Recipe provides	portions.	1	ach Portion Contributes	meat/meat alternates		serving(s grains/ breads

Completed Recipe Analysis Worksheet—School Lunch (100 Portions) FIGURE 2

Recipe Name: Spaghetti with Meat Sauce Portions per Recipe: 100

(Modified USDA Recipe #D-35)

Ingredients (1)	Quantity of Ingredient As Purchased (number of purchase units)	Purchase Unit (3)	Servings per Purchase Unit in Food Buying Guide (4)	Meat/ Meat Alternates (ounces) (5) = (2) X (4)	Vegetables/ Fruits (1/4 cup) (6) = (2) X (4)	Grains/ Breads (servings) (7) = (2) X (4)
Ground Beef, (no more than 16% fat)*	14.37 lb (14 lb 6 oz)	Pound	11.8 (for 1 oz serv)	169.56		
Cheddar Cheese,* shredded	2 lb	Pound	16.0 (for 1 oz serv)	32.00		
Onions, fresh, as purchased (to provide 6 lb chopped)	6.88 lb (6 lb 14 oz)	Pound	7.90 (for 1/4 c serv)		54.35	
Tomato Paste	3.50 lb (3 lb 8 oz)	Pound	27.6 (for 1 tbsp)		96.60	
Tomatoes, canned, diced With liquid	8.50 lb (8 lb 8 oz)	Pound	7.71 (for 1/4 c serv)		65.53	
* the use of 16% fat ground beef and the addition of cheese are modifications to the original USDA recipe # D-35.	9.50 lb (6 lb 8 oz)	Pound	10.6 (for 1/2 c serv)			100.70
Notes:		,	Totals	201.56	216.48 (1/4c)	100.70
oz to lb conversion chart is on p		F	Portions per Recipe	100	100	100
 remember to convert ready-to-use products to their "as purchased" amount (see examples in Method 1, pages I-51 through I-59) the values for Columns 5, 6, & 7 are found by multiplying the value in Column 2 by the value in Column 4. remember to divide the total 1/4 cup servings of vegetables/fruits by 4 to get the cups of fruit. grains/breads in portions of a cup: convert all needed servings into the same portion of a cup and use the corresponding yield data for that same size grains/breads in numbers of servings: use the yield data provided for 1 grains/breads serving 		Calculations		201.56 ÷ 100 = 2.01 rounds down to 2.00 oz	216.48 ÷ 4 = 54.12 cups 54.12 ÷ 100 = 0.54 cup rounds down to 0.50 (1/2) cup	100.70 ÷ 100 = 1.00 serving ² (in this case 1 G/B serving = 1/2 cup)
				2.00 oz	1/2 cup	1 serving
This Recipe provides 100 por	Each Portion Contributes		meat/meat alternates	vegetables/ fruits	grains/ breads	

²According to Exhibit A (see pages 3-15 & 3-16), 1/2 cup of cooked pasta is equivalent to 1(one) grains/breads servings. The yield data for the pasta used in this example corresponds to 1/2 cup servings, therefore the answer is in units of 1/2 cup servings (1 grains/breads serving).

Completed Recipe Analysis Worksheet—Child Care (25 Portions) FIGURE 3

Recipe Name: Beef and Spaghetti Casserole Portions per Recipe: 25

(Modified USDA Recipe #D-22)

Ingredients (1)	Quantity of Ingredient As Purchased (number of purchase units)	Purchase Unit (3)	Servings per Purchase Unit in Food Buying Guide (4)	Meat/ Meat Alternates (ounces) (5) = (2) X (4)	Vegetables/ Fruits (1/4 cup) (6) = (2) X (4)	Grains/ Breads (servings) (7) = (2) X (4)
Ground beef, (no more than 20% fat)*	3.25 lb (3 lb 4 oz)	Pound	11.8 (for 1 oz serv)	38.35		
Onions, fresh, as purchased (to provide 0.34 lb chopped)	0.43 lb (7 oz)	Pound	7.90 (for 1/4 c serv)		3.39	
Tomato paste	1.12 lb (1 lb 2 oz)	Pound	27.6 (for 1 Tbsp)		30.91	
Spaghetti, dry ³ broken in quarters	1.25 lb (1 lb 4 oz)	Pound	10.6 (for 1/4 c serv)			13.25
* the use of 20% fat ground beef is a modification to the original USDA recipe # D-22.						
			Tabala			40.05
Notes: oz to lb conversion chart is on	page I-36		Totals	38.35	34.30 (1/4 c)	13.25
 remember to convert ready-to-use products to their "as purchased" amount (see examples in Method 1, pages I-51 through I-59) the values for Columns 5, 6, & 7 are found by multiplying the value in Column 2 by the value in Column 4. remember to divide the total 1/4 cup servings of vegetables/fruits by 4 to get the cups of fruit. grains/breads in portions of a cup: convert all needed servings into the same portion of a cup and use the corresponding yield data for that same size grains/breads in numbers of servings: use the 			Portions per Recipe Calculations	25 38.35 ÷ 25 = 1.53 rounds down to 1.50 oz	25 34.30 ÷ 4 = 8.57 cups 8.57 ÷ 25 = 0.34 cup rounds down to 0.25 (or 1/4) cup	25 13.25 ÷ 25 = 0.53 rounds down to 0.50 (1/2) serving ³ (in this case 1/2 G/B serving = 1/4 cup)
yield data provided for 1 grains/breads serving This Recipe provides 25 portions.		1	ach Portion Contributes	1.50 oz meat/meat alternates	1/4 cup vegetables/ fruits	1/2 serving grains/ breads

³ According to Exhibit A (see pages 3-15 & 3-16), 1/2 cup of cooked pasta is equivalent to 1(one) grains/breads serving. The yield data for the pasta used in this example corresponds to 1/2 cup servings, therefore, the answer is in units of 1/2 cup servings (1 grains/breads serving). Since one grains/breads serving is 1/2 cup, half of that is equal to 1/4 cup of cooked pasta.

Completed Recipe Analysis Worksheet FIGURE 4

Recipe Name: Beef Stew Portions per Recipe: 50

(Modified USDA Recipe #D-14)

Ingredients (1)	Quantity of Ingredient As Purchased (number of purchase units) (2)	Purchase Unit (3)	Servings per Purchase Unit in Food Buying Guide (4)	Meat/ Meat Alternates (ounces) (5) = (2) X (4)	Vegetables/ Fruits (1/4 cup) (6) = (2) X (4)	Grains/ Breads (servings) (7) = (2) X (4)
Boneless Beef for stewing, 1-inch cubes	11.63 lb (11 lb 10.1 oz)	Pound	9.76 (for 1 oz serv)	113.50		
Onions, whole, fresh (to provide 1 lb quartered, peeled)	1.16 lb (1 lb 2.6 oz)	Pound	7.90 (for 1/4 c serv)		9.16	
Carrots, sliced, canned (to provide 2 lb 11 oz drained)	0.66 (2/3) of a No. 10 can	No. 10 can (105 oz)	37.2 (for 1/4 c serv)		24.55	
Potatoes, whole, small, canned (to provide 3 lb 6 oz drained)	0.75 (3/4) of a No. 10 can	No. 10 can (102 oz)	43.7 (for 1/4 c serv)		32.77	
* The change to frozen peas from canned peas is a modification to the original USDA recipe # D-14.	4 lb	Pound	9.59 (for 1/4 c serv)		38.36	
Notes:			Totals	113.50	104.84 (1/4 c)	0.0
oz to lb conversion chart is on p		ı	Portions per Recipe	50	50	50
 remember to convert ready-to-use products to their "as purchased" amount (see examples in Method 1, pages I-51 through I-59) the values for Columns 5, 6, & 7 are found by multiplying the value in Column 2 by the value in Column 4. remember to divide the total 1/4 cup servings of vegetables/fruits by 4 to get the cups of fruit. grains/breads in portions of a cup: convert all needed servings into the same portion of a cup and use the corresponding yield data for that same size grains/breads in numbers of servings: use the 			Calculations	113.50 ÷ 50 = 2.27 oz rounds down to 2.25 oz	104.84 ÷ 4 = 26.21; 26.21 ÷ 50 = 0.52 rounds down to 0.50 (1/2)	
yield data provided for 1 grains,	/breads serving			2.25	1/2	0.00
This Recipe provides 50 portions.			ach Portion Contributes	2.25 oz meat/meat alternates	1/2 cup vegetables/ fruits	0.00 grains/ breads

Completed Recipe Analysis Worksheet—School Breakfast (100 Portions) FIGURE 5

Recipe Name: Cooked Oatmeal with Raisins and Crunchy Wheat Germ Portions per Recipe: 100

Ingredients (1)	Quantity of Ingredient As Purchased (number of purchase units)	Purchase Unit (3)	Servings per Purchase Unit in Food Buying Guide (4)	Meat/ Meat Alternates (ounces) (5) = (2) X (4)	Vegetables/ Fruits (1/4 cup) (6) = (2) X (4)	Grains/ Breads (servings) (7) = (2) X (4)
Regular rolled oats (dry) ⁴ (includes USDA Commodity)	4.50 lb (4 lb 8 oz)	Pound	15.1 (for 3/4 c serv)			67.95
Wheat germ, dry	2.50 lb (2 lb 8 oz)	Pound	13.0 (for 1 oz serv)			32.50
Raisins	4.75 lb (4 lb 12 oz)	Pound	21.4 (for 1/4 c serv)		101.65	
Notace			Totals	0.00	101 65 (1/4 a)	100.45
Notes: oz to lb conversion chart is on p	page I-36	Portions per Recipe		100	101.65 (1/4 c) 100	100.45
 remember to convert ready-to-use products to their "as purchased" amount (see examples in Method 1, pages I-51 through I-59) the values for Columns 5, 6, & 7 are found by multiplying the value in Column 2 by the value in Column 4. remember to divide the total 1/4 cup servings of vegetables/fruits by 4 to get the cups of fruit. grains/breads in portions of a cup: convert all needed servings into the same portion of a cup and use the corresponding yield data for that same size grains/breads in numbers of servings: use the yield data provided for 1 grains/breads serving 			Calculations	100	101.65 ÷ 4 = 25.41; 25.41 ÷ 100 = 0.25 = 1/4 cup	100.45 ÷ 100 = 1.00 ⁴ (in this case 1 G/B serving =
						3/4 cup cooked and 1 oz dry cereal)
This Recipe provides 100 portions.		1	ach Portion Contributes	0.00 oz meat/meat alternates	1/4 cup vegetables/ fruits	1 serving grains/ breads

⁴For the School Breakfast Program (SBP) Grades K-12, 3/4 cup of cooked cereal grains and 1 oz dry wheat germ (a ready-to-eat cereal) are each equivalent to 1 (one) grains/breads serving. In this example, the yield data for the oats served cooked corresponds to a 3/4 cup serving, and the yield data for dry wheat germ corresponds to a 1 ounce serving. Therefore, the answer is in 1(one) grains/breads serving according to SBP requirements. For programs other than the SBP, 1 grains/bread serving for Group H items is 1/2 cup cooked as stated in Exhibit A (see pages 3-15 & 3-16).

Food Buying Guide for Child Nutrition Programs

Using Column 6 for Recipe Analysis

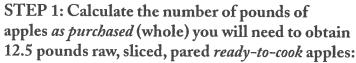


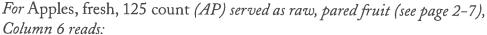
Using Column 6 for Recipe Analysis

Determining the number of servings, for crediting purposes, obtained from a particular food using Column 6, "Additional Yield Information."

Recipe Analysis for Apple Crisp

A recipe for 100 servings of apple crisp calls for 12.5 pounds of fresh, sliced, cored, peeled apples. You want to know the number of 1/4 cup servings of fruit (for crediting purposes) you will obtain from one portion of the apple crisp.





1 lb AP = 0.78 lb ready-to-cook or -serve raw, cored, peeled

You calculate as follows:

12.5 lb *divided by* 0.78 lb = 16.02 lb (do not round up)

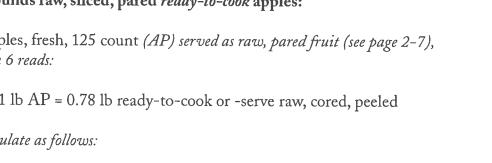
STEP 2: Multiply this calculated AP quantity by servings per purchase unit (from Column 3) for the form of the food as served (from Column 4).

Since you are serving the apples cooked, you look in Column 4 for this form of the food. The appropriate line in Column 4 reads:

1/4 cup cooked, pared, unsweetened fruit

You look in Column 3 to find the appropriate number of servings per purchase unit.

Column 3 reads: 6.80



Multiply the number of servings per purchase unit by the number of pounds calculated in STEP 1:

 $6.80 \ multiplied \ by \ 16.02 = 108.93$

This tells you the total number of 1/4 cup servings of fruit (for crediting purposes) you will obtain from all of the apples used in the recipe.

STEP 3: Divide the total number of 1/4 cup servings obtained in STEP 2 by the number of portions the recipe yields and round down to get the creditable vegetable/fruit servings in one portion.

 $108.93 \ divided \ by \ 100 = 1.08$

rounded down to 1.0 (one)-1/4 cup serving of the vegetable/fruit component per portion.

Note: at STEP 3, the answer will be in units of 1/4 cup. Therefore, an answer of: 2.00 = 1/2 cup

1.50 = 3/8 cup

1.00 = 1/4 cup

0.50 = 1/8 cup

ANSWER: For crediting purposes, each portion of apple crisp will provide a 1/4 cup serving of the vegetable/fruit component for the meal pattern requirements.

Note: Always round down after determining the creditable amount of a meal pattern component. This is to ensure that each portion served will provide the minimum contribution towards meal pattern requirements. When rounding down, sometimes there may be a little bit more credit than what is claimed. It is necessary to round down so that there will never be less credit than what is claimed. (Keep in mind, when calculating how much food to purchase you would not round down, but would round up.)



Food Buying Guide for Child Nutrition Programs

C

The USDA Child Nutrition Labeling Program

Food Buying Guide for Child Nutrition Programs

The USDA Child Nutrition Labeling Program

Common Questions

What is the Child Nutrition Labeling Program?

The Child Nutrition (CN) Labeling Program is a voluntary Federal labeling program for the Child Nutrition Programs.

Does the CN Labeling Program apply to all food-based menu planning approaches?

The CN Labeling Program applies to both Traditional and Enhanced Food-Based Menu Planning approaches for schools. It also applies to meal patterns in the Child and Adult Care Food Program and Summer Food Service Program. This is because a CN label on a food product shows how the product contributes toward food-based meal pattern requirements.

CN Labeling does not apply to Nutrient Standard Menu Planning (NSMP) or Assisted NSMP because these menu planning approaches do not use meal patterns as planning tools. However, CN labeled products may be purchased for meals planned with NSMP or Assisted NSMP because they help define a product.

Who runs the program?

The CN Labeling Program is run by the Food and Nutrition Service (FNS) of the U.S. Department of Agriculture (USDA) in cooperation with the following agencies:

Food Safety and Inspection Service (FSIS);

Agriculture Marketing Service (AMS); and

National Marine Fisheries Service (NMFS).

The program is operated by FNS. Commercial food processing firms submit CN label applications to FNS for approval.

How does the program work?

The program requires an evaluation of a product's formulation by FNS to determine its contribution toward meal pattern requirements. Once approved, it allows manufacturers to state this contribution on their labels. The program provides Child Nutrition program operators a warranty against audit claims for CN labeled products if the product is used according to the manufacturers directions as printed on the approved CN label.

What products are eligible for CN labels?

- Main dish products which contribute to the Meat/Meat Alternates component of the meal pattern requirements. Examples include beef patties, cheese or meat pizzas, meat or cheese and bean burritos, egg rolls, and breaded fish portions.
- Juice and juice drink products containing at least 50 percent full-strength juice by volume. This includes such products as grape drink, fruit punch, frozen juice drink bars, and sherbet.

To carry CN labels, eligible products must:

- have the contribution of the food component(s) determined using yields in the USDA's Food Buying Guide for Child Nutrition Programs;
- have the product formulation and CN label approved by FNS; and
- be produced under inspection.

Are manufacturers required to CN label products?

There is no Federal requirement that anyone manufacture or purchase CN labeled products. Purchasing decisions are left to the local level. If a CN labeled product is desired, this must be clearly stated in purchasing specifications.

What are the advantages of using CN labeled products?

A CN label statement clearly identifies the contribution of a product toward the meal pattern requirements, and it protects you from exaggerated claims about a product.

A CN label provides a warranty against audit claims if the CN labeled product is used according to the manufacturer's directions.

A CN label simplifies cost comparison of similar products.

Do CN labeled products cost more than non-CN labeled products?

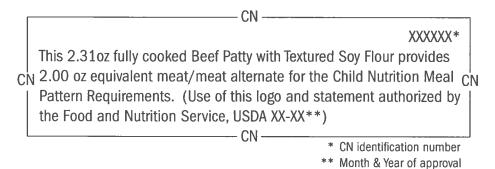
CN labeled products may cost more. Special labeling requirements, inspection costs, and extra staff costs to monitor quality control may be contributing factors in CN labeled products costing more than a similar non-CN labeled product. Keep in mind that cost comparison between two meat products should be based on the cost per serving of the specified *contribution* to the meal pattern requirements, not on the *product* cost per ounce or pound.

How do I identify a CN labeled product?

A CN labeled product will always contain the following: the CN logo, which is a distinct border; the meal pattern contribution statement;

- a unique 6-digit product identification number (assigned by FNS) appearing in the upper right hand corner of the CN logo;
- the USDA/FNS authorization statement;
- the month and year of final FNS approval appearing at the end of the authorization statement;
- plus the remaining required label features: product name, inspection legend, ingredient statement, signature/address line, and net weight.

A sample CN logo:



Note: The X's in the sample CN logo are only used to demonstrate the placement of the CN identification number and the final date. If you receive a CN labeled product containing all X's (or other non-number symbols) or all zeroes as the CN identification number, that label is not a valid CN label. If a CN label is not valid, FNS cannot provide a warranty for its use towards meal pattern requirements.

Are CN labeled products more nutritious than similar non-CN labeled products?

No. A CN label does not indicate that the CN product is healthier or more nutritious than a similar non-CN labeled product. The CN credit statement declares the *quantities* of the creditable food item(s) in a processed food. The quantity of creditable food is used to meet the meal pattern requirements.

Are CN labeled products of a higher quality than non-CN labeled products?

No. While a CN labeled product is guaranteed to contain a certain quantity of food, it does not indicate that the quality of the food is any different than a non-CN labeled food. Neither does it mean the foods are safer to eat or free of pathogens or allergens.

For more information:

For additional information about the CN Labeling Program, contact:

U.S. Department of Agriculture Food and Nutrition Service Child Nutrition Division 3101 Park Center Drive – Room 632 Alexandria, Virginia 22302 Phone: (703) 305-2609

Food Items for Further Processing

The yield data for foods in sections 1-5 of this guide represent foods that are commonly purchased at the program level. Items presented in this section are intended to be used by industry for further processing. The yield information provided here may also be used in the CN Labeling Program. This information is being provided so that Child Nutrition Program operators are aware of the yields for food items that industry uses for determining the credit of foods for meal pattern requirements. Even though a program may never purchase these items directly, it is important for all programs to have information that will allow them to verify that the processed food items they purchase are credited in a manner consistent with program requirements.

Appendix C Food Items for Further Processing

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEEF, LEAN FIN	ELY TEXTU	RED (LFTB)			
Beef, fresh or frozen Lean finely textured beef (LFTB)	Pound	12.9	1 oz cooked lean meat	7.8	1 lb AP = 0.81 lb cooked lean meat
Raw	Pound	8.64	1-1/2 oz cooked lean meat	11.6	A. T.
CHICKEN, MECI	HANICALLY	or HAND SI	EPARATED		
Chicken, fresh or frozen	Pound	11.2	1 oz cooked poultry	9.0	1 lb AP = 0.70 lb cooked poultry
Mechanically or Hand separated Raw	Pound	7.46	1-1/2 oz cooked poultry	13.5	
PORK, LEAN FIN	IELY TEXTU	RED (LFTP)			
Pork, fresh or frozen Lean finely textured	Pound	12.9	1 oz cooked lean meat	7.8	1 lb AP = 0.81 lb cooked lean meat
pork (LFTP) Raw	Pound	8.64	1-1/2 oz cooked lean meat	11.6	
SEAFOOD					
Seafood, frozen Fish fillet block	Pound	12.4	1 oz cooked fish	8.1	1 lb AP = 0.78 lb cooked fish
Raw	Pound	8.32	1-1/2 oz cooked fish	12.1	
Seafood, frozen Minced fish block	Pound	12.0	1 oz cooked fish	8.4	1 lb AP = 0.75 lb cooked minced fish
Raw	Pound	8.00	1-1/2 oz cooked fish	12.5	
Seafood, frozen Shrimp Minced	Pound	9.28	1 oz cooked fish	10.8	1 lb AP = 0.58 lb cooked cooked minced shrimp
Raw	Pound	6.18	1-1/2 oz cooked fish	16.2	
Seafood, frozen Squid meat block <i>Rings and Tentacles</i>	Pound	11.6	1 oz cooked fish	8.7	1 lb AP = 0.73 lb cooked squid meat
Raw	Pound	7.78	1-1/2 oz cooked fish	12.9	

Food Items for Further Processing					
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
TOMATO PASTE	1				
Tomato Paste, canned¹ Medium 28% or more, but less than 32% Natural Tomato Soluble Solids (NTSS)	Pound	32.2	1 tablespoon paste (1/4 cup vegetable)	3.2	
Tomato Paste, canned¹ Heavy 32% or more, but less than 39.3% Natural Tomato Soluble Solids (NTSS)	Pound	36.8	1 tablespoon paste (1/4 cup vegetable)	2.8	
Tomato Paste, canned¹ Extra Heavy 39.3% or more Natural Tomato Soluble Solids (NTSS)	Pound	45.1	1 tablespoon paste (1/4 cup vegetable)	2.3	
TURKEY, MECH	ANICALLY o	r HAND SEI	PARATED		
Turkey, fresh or frozen Mechanically or Hand separated	Pound	11.2	1 oz cooked poultry	9.0	1 lb AP = 0.70 lb cooked poultry
Raw	Pound	7.46	1-1/2 oz cooked poultry	13.5	

¹If the percentage of Natural Tomato Soluble Solids (NTSS) is not specified for the brand of tomato paste you are using – use the yield data for tomato paste light, 24-28 percent NTSS found on page 2-83.



Food Buying Guide for Child Nutrition Programs

Food Purchasing:
A Summary of First Choice
and Choice Plus



The Purchasing Process: A Summary of First Choice and Choice Plus

The Food Buying Guide (FBG) for Child Nutrition Programs is designed to help you determine how much food to buy and prepare to ensure that the meals you serve under the Child Nutrition Programs (CNP) meet program requirements. However, in addition to knowing how much food to buy, the purchasing process involves a methodical, step-by-step process beginning with menu planning and ending with the meal service. The tasks are the same whether purchasing for the private or public sectors. Regardless of the setting in which you operate, all of the steps must be completed by someone in the organization. You may operate a single site with no support from a central administrative office or work in a larger school district where tasks are divided among several staff persons.

The Food and Nutrition Service encourages you to learn as much as you can about the purchasing process by consulting two (2) publications available from the National Food Service Management Institute.

The first publication, First Choice: A Purchasing Systems Manual for School Food Service Publication number EX 59-02, covers the management of the entire purchasing process in 14 Chapters, and includes appendices with sample forms, reference materials and a glossary. Topics include:

ethics of purchasing and the expenditure of public funds;

the marketplace environment, its language, relationships and food distribution chain;

regulations governing labeling, standards, grading, inspection, imports, and antitrust;

product movement and warehousing, inventory control and various menu systems;

pricing, pre-bid conferences, pricing requests, and bid opening/awards;

determination of bid units to control cost per serving;

developing product specifications and the use of "approved brands";

researching and selecting a purchasing system;

monitoring costs;

laboratory product testing;

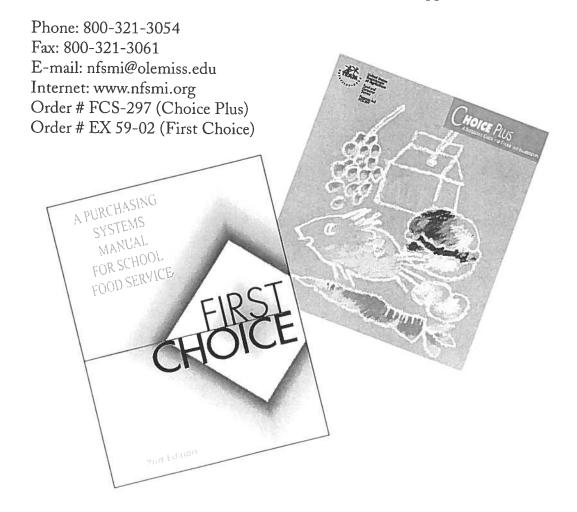
Updated December 2007 Appendix D D-1

- receiving and quality control procedures; and
- purchasing cooperatives.

The second publication, Choice Plus: A Reference Guide for Foods and Ingredients Publication number FCS-297, is more narrowly focused than First Choice. The Choice Plus Manual:

- concentrates on food and ingredient specifications/product sheets for a wide variety of products;
- helps you develop clear specifications and make more informed decisions when purchasing products commonly served in the Child Nutrition Programs;
 - provides tips on buying fresh, canned and frozen fruits and vegetables; and
 - includes several appendices that include information about food laws, standards and regulations, resources, and the Nutrition Facts panel.

Both of these publications contain information that may change frequently based on changing purchasing specifications and on a changing marketplace. To order the most recent version of one or both of these publications, contact the National Food Service Management Institute, University of Mississippi:







Resources

E-1	Program	and	Technical	Resources
-----	---------	-----	-----------	-----------

- E-2 Nutrition Resources
- E-3 Food Safety Resources
- E-4 Food and Nutrition Service Regional Offices

Food Buying Guide for Child Nutrition Programs

Resources



Information on program requirements, nutrition guidance, food labeling, food safety, and other food, nutrition, health issues, and educational resources are available from Federal Government Web sites.

Program and Technical Resources

Child Nutrition Division/USDA

3101 Park Center Drive, Room 638 Alexandria, VA 22302 (703) 305-2590

Web site: www.fns.usda.gov/cnd

Food Distribution Division/USDA

3101 Park Center Drive, 5th Floor Alexandria, VA 22302 (703) 305-2888

Web site: www.fns.usda.gov/fdd

Agricultural Marketing Service (AMS)/USDA

1400 Independence Avenue, SW Washington, DC 20250 (202) 720-8732 Web site: www.ams.usda.gov

Nutrient Database for Standard Reference

Nutrient Data Laboratory Agricultural Research Service/USDA 10300 Baltimore Avenue Building 005, Room 107, BARC-West Beltsville, MD 20705 (301) 504-0630 Web site: www.ars.usda.gov/ba/bhnrc/ndl

Food and Drug Administration

Center for Food Safety and Applied Nutrition 5100 Paint Branch Road, College Park, MD 20740-3835 For food labeling information: Web site: www.cfsan.fda.gov

Nutrition Resources

MyPyramid

Web site: MyPyramid.gov

Nutrition.gov

Easy access to nutrition and health
Web sites from across the Federal government
Web site: www.nutrition.gov

Food and Nutrition Information Center

USDA/National Agricultural Library Rm. 304, 10301 Baltimore Blvd. Beltsville, MD 20705-2351 Tel: 301-504-5719 Fax: 301-504-6409 Educators can email information and publication requests to fnic@nal.usda.gov Web site: http://fnic.nal.usda.gov

Center for Nutrition Policy and Promotion/USDA

3101 Park Center Drive, Room 1034 Alexandria, VA 22302 (703) 305-7600 Web site: www.cnpp.usda.gov

Food and Nutrition Service/USDA Team Nutrition

3101 Park Center Drive, Rm. 632 Alexandria, VA 22302 (703) 305-1624 Web site: teamnutrition.usda.gov

Eat Smart. Play Hard.™

3101 Park Center Drive, Rm. 1020 Alexandria, VA 22302 (703) 305-2154 Web site: www.fns.usda.gov/eatsmartplayhard

Food Safety Resources

Centers for Disease Control and Prevention (CDC), Division of Bacterial and Mycotic Diseases, Food Safety Initiative

1600 Clifton Road Atlanta, GA 30333 (404) 639-2213

Web site: www.cdc.gov/foodsafety

Food Safety and Inspection Service

1400 Independence Avenue, SW Washington, DC 20250 (202) 720-8732

Web site: www.fsis.usda.gov

Fight BAC! Keep Foods Safe From Bacteria™

USDA' Meat and Poultry Hotline: 1-888-MPHotline or 1-888-674-6854

TTY: 1-800-256-7072

Email: mphotline.fsis@usda.gov Web site: www.fightbac.org

Food and Drug Administration (FDA)

5600 Fishers Lane Rockville, MD 20857 1-800-INFO-FDA or 1-888-463-6332 Web site: www.fda.gov FDA's Food Safety Information Hotline 1-888-SAFEFOOD or 1-888-723-3366

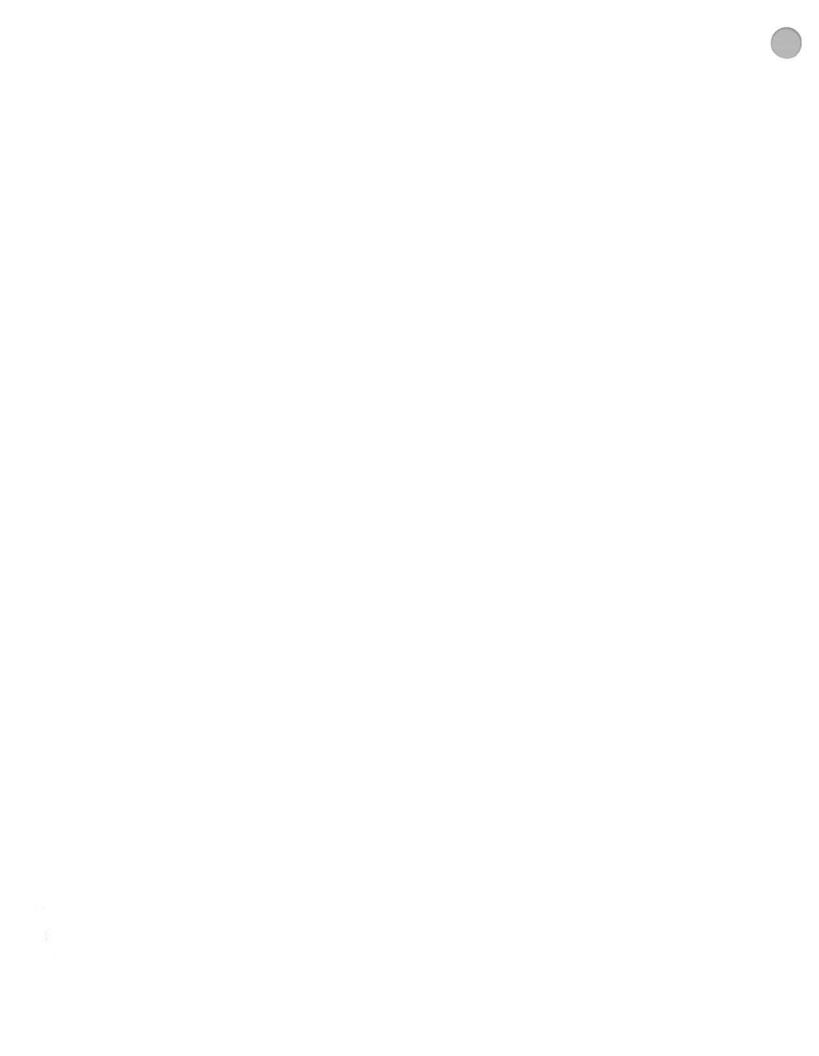
Food Allergy & Anaphylaxis Network

10400 Eaton Place, Suite 107 Fairfax, VA 22030-2208 (800) 929-4040 or (703) 691-3179 Web site: www.foodallergy.org

E-3

Food and Nutrition Service Regional Offices

Mid-Atlantic Regional Office	Southeast Regional Office
Mercer Corporate Park	61 Forsyth Street SW
300 Corporate Boulevard	Room 8T36
Robbinsville, NJ 08691-5128	Atlanta, GA 30303-3415
(609) 259-5050	(404) 562-7099
Delaware, District of Columbia, Maryland, New Jersey, Pennsylvannia, Puerto Rico, Virginia, Virgin Islands, West Virginia	Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Tennessee
Midwest Regional Office	Southwest Regional Office
77 West Jackson Boulevard	1100 Commerce Street
20th Floor	Room 5-C-30
Chicago, IL 60604-3507	Dallas, TX 75242-9980
(312) 353-6673	(214) 290-9814
Illinois, Indiana, Michigan, Minnesota,	Arkansas, Louisiana, New Mexico,
Ohio, Wisconsin	Oklahoma, Texas
Mountain Plains Regional Office	Western Regional Office
1244 Speer Boulevard	90 Seventh Street
Suite 903	Suite 10-100
Denver, CO 80204-3581	San Francisco, CA 94103
(303) 844-0354	(415) 705-2229
Colorado, Iowa, Kansas, Missouri, Mon- tana, Nebraska, North Dakota, South Dakota, Utah, Wyoming	Alaska, Arizona, California, Hawaii, Idaho, Nevada, Oregon, Washington, Guam Trust Territories, Commonwealth of the Mariana Islands, American Samoa
Northeast Regional Office 10 Causeway Street Room 501 Boston, MA 02222-1065 (617) 565-6426	
Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island, Vermont	





Index

Index of Foods

A	Bean Products
A	Baked Beans or in Sauce with Pork, 1-11
Acidified Milk, 4-2	2-19
Acorn Squash	Baked Beans or in Sauce (Vegetarian),
fresh, 2-76	1-11, 2-19
frozen mashed, 2-77	Beans with Bacon in Sauce, 1-11
Almonds, 1-38	Beans with Frankfurter in Sauce, 1-11
Almond butter, 1-40	Bean Soup, canned
Amaranth, 3-16, 3-21	condensed, 1-12, 2-74
American Cheese, 1-23	ready-to-serve, 1-12, 2-74
Apple Juice	Bean Sprouts, fresh
canned, 2-43	Mung, 2-21
frozen, 2-43	Soy Bean, 2-21
Apples	Bean Sprouts, canned, 2-21
canned, 2-7	Beans, canned
dehydrated, 2-7	Baked or in Sauce with Pork, 1-11
fresh, 2-7	Baked or in Sauce (Vegetarian), 1-11
frozen, 2-7	Black (Turtle), 1-5, 2-13
Applesauce, canned, 2-8	Black-eyed (Peas), 1-5, 2-13
Apricots	Garbanzo or Chickpeas, 1-6, 2-13
canned, 2-8	Great Northern, 1-6, 2-14
dehydrated, 2-10	Green, 2-15
fresh, 2-8	Green, Flat Italian, 2-16
frozen, 2-9	Kidney, 1-7, 2-17
Artichokes	Lima, 1-8, 2-17
canned, 2-10	Pink, 1-9, 2-18
fresh, 2-10	Pinto, 1-9, 2-19
frozen, 2-10	Red, Small, 1-10, 2-20
Asparagus	Refried, 1-12, 2-19
canned, 2-11	Soup, 1-12, 2-74
fresh, 2-10	Soy, 1-10, 2-20
frozen, 2-11	Sprouts, 2-21
Avocados, fresh, 2-11	Wax, 2-22
	with Bacon in Sauce, 1-11
В	with Frankfurter in Sauce, 1-11
Bacon, Pork, 5-6	Beans, dehydrated
Bagels, 3-15	Pinto, 1-9, 2-19
Baked Beans or in Sauce with Pork, 1-11,	Refried, 1-12, 2-20
2-19	Black (Timele) 1.5.2.13
Baked Beans or in Sauce (Vegetarian), 1-11,	Black (Turtle), 1-5, 2-13
2-19	Black-eyed (Peas), 1-5, 2-13
Bamboo Shoots, canned, 2-12	Garbanzo or Chickpeas, 1-6, 2-14
Bananas	Great Northern, 1-6, 2-14
canned, 2-12	Kidney, 1-7, 2-17
dehydrated, 2-12	Lima, 1-8, 2-18
fresh, 2-12	Mung, 1-8, 2-18
Barbecue Sauce with Beef, 1-22	Navy or Pea, 1-8, 2-18
Barley, 3-16, 3-20	Pink, 1-9, 2-18
Batter type coating, 3-15	Pinto, 1-9, 2-19
/ i	Red, Small, 1-10, 2-20
	Soy, 1-10, 2-20

Beans, fresh	Corned Beef Hash, 1-23
Black-eyed (Peas), 2-13	Gravy and Beef, 1-23
Green, 2-14	Gravy and Swiss Steak, 1-23
Lima, 2-17	Swiss Steak and Gravy, 1-23
Soy (Edamame), 2-20	Beef Salad, 1-22
Sprouts, 2-21	Beef Stew, 1-22
Wax, 2-21	Beef Taco Filling, 1-22
Beans, frozen	Beef with Barbecue Sauce, 1-22
Black-eyed (Peas), 2-13	Beef with Natural Juices, canned (USDA), 1-22
Green, 2-16	Beet Greens, fresh, 2-23
Green, Flat Italian, 2-17	Beets
Lima, 2-18	canned, 2-23
Beans with Bacon in Sauce, 1-11	fresh, 2-22
Beans with Frankfurters in Sauce, 1-11	Bell Peppers
Beef and Dumplings with Gravy, 1-22	
Roof and Crave, 1 22	dehydrated, 2-60
Beef and Gravy, 1-22	flakes, (dried for seasoning), 5-8
Beef, fresh or frozen	fresh, 2-59
Brisket, 1-12	frozen, 2-59
Brisket, Corned, 1-13	Black (Turtle) Beans
Cheek, 1-13	canned, 1-5, 2-13
Chuck Roast, 1-13	dry, 1-5, 2-13
Chuck Steak, 1-15	Blackberries (Boysenberries)
Cubed Steak, 1-20	canned, 2-24
Flank Steak, 1-15	fresh, 2-24
Ground, 1-15	frozen, 2-24
Heart, 1-16	Black-eyed Peas or Beans
Kidney, 1-16	canned, 1-5, 2-13
Lean finely textured, C-5	dry, 1-5, 2-13
Liver, 1-17	frozen, 2-13
Loin, 1-17	fresh, 2-13
Oxtail, 1-17	Black Plums
Plate, 1-17	canned, 2-64
Rib, 1-18	fresh, 2-64
Ribeye, 1-18	Black Walnuts, 1-39
Rib Roast, 1-18	Blueberries
Round Roast, 1-18	canned, 2-24
Round Steak, 1-19	dehydrated, 2-25
Rump Roast, 1-20	fresh, 2-24
Sandwich Steak, 1-21	frozen, 2-25
Special Trim, 1-20	Biscuits, 3-15
Steaks, 1-20	Bokchoy, fresh, 2-25
Stew Meat, 1-21	Bologna, 1-36
Tongue, 1-21	Boysenberries (Blackberries)
Tripe, 1-21	canned, 2-24
Beef, Ground, 1-15	fresh, 2-24
Beef, Lean finely textured, C-5	frozen, 2-24
Beef Goulash, 1-22	Bow Tie Pasta, 3-26
Beef Hash, 1-22	Brazil nuts, 1-38
Beef Plate, 1-17	
	Bread, 3-15, 3-20
Beef Products, canned or frozen	Bread Sticks, hard, 3-15, 3-20
Barbecue Sauce with Beef, 1-22	Bread type coating, 3-15
Beef and Dumplings with Gravy, 1-22	Breadfruit, fresh, 2-25
Beef and Gravy, 1-22	Breakfast Cereals, 3-16, 3-24
Beef Goulash, 1-22	Brie, 1-23
Beef Hash, 1-22	Brisket, 1-12
Beef Salad, 1-22	Brisket, Corned, 1-13
Beef Stew, 1-22	Broccoli
Beef Taco Filling, 1-22	fresh, 2-25
Beef with Barbecue Sauce, 1-22	frozen, 2-26
Chili con Carne, 1-23	slaw, 2-26
Chili con Carne with Beans, 1-23	Brownies, 3-16
Corned Beef and Cabbage, 1-23	Brown Rice, 3-16, 3-29
<u> </u>	· · · · · ·

Brussels Sprouts	Granola, 3-24
fresh, 2-26	Oats, 3-24
frozen, 2-26	Rice, 3-24
Buckwheat, 3-21	Wheat, 3-24
Buffalo, Ground, 1-37	Wheat Germ, 3-24
Bulgur, 3-16, 3-20	Chard, Swiss, fresh, 2-81
Buns, 3-15	Chayote (Mirliton), fresh, 2-32
Butter, 5-2	Cheddar Cheese
Buttermilk, 4-2	process, 1-23
Butternut Squash,	natural, 1-23
fresh, 2-77	Cheek Meat, Beef, 1-13
frozen, mashed, 2-77	Cheese
,, · · ·	American, 1-23
	Brie, 1-23
C	Camembert, 1-23
Cabbage, Celery or Chinese, fresh, 2-26	Cheddar, 1-23
Cabbage, Green, fresh, 2-27	Cottage, 1-24
Cabbage, Red, fresh, 2-27	Cream, 5-3
Cactus (Nopales)	Feta, 1-23
canned, 2-28	
fresh, 2-28	Mozzarella, 1-23
Cactus Fruit (Prickly Pear), fresh, 2-28	Parmesan, grated, 1-24
Calamari, (Squid), frozen, 1-57	Ricotta, 1-24
Cake, 3-16	Romano, 1-24
Camembert, 1-23	Swiss, 1-23
Canadian Bacon, 1-47	Cheese Food, 1-24
Cane Syrup, 5-7	Cheese Spread, 1-24
Cantaloupe	Cheese Substitute, 1-24
fresh, 2-28	Cherries, Maraschino, 2-32
frozen, 2-29	Cherries, Red Tart
Carambola (Star Fruit), fresh, 2-77	canned, 2-33
_	dehydrated, 2-34
Carrots	fresh, 2-33
canned, 2-30	frozen, 2-33
fresh, 2-29	Cherries, Sweet
frozen, 2-31	canned, 2-34
Cashew nut butter, 1-40	fresh, 2-34
Cashew nuts, 1-39	Cherry Peppers, fresh, 2-60
Cassava (Yucca), fresh, 2-87	Cherry Tomatoes, fresh, 2-81
Catsup, Tomato (Ketchup), 5-2	Chicken a la King, 1-35
Cauliflower	Chicken Barbecue, 1-35
fresh, 2-31	Chicken Back pieces, 1-26
frozen, 2-31	Chicken, Boneless, 1-31
Celery	Chicken Breast, 1-27
canned, 2-32	Chicken Chili, 1-35
flakes, (dried for seasoning), 5-7	Chicken Chili with Beans, 1-35
fresh, 2-31	Chicken, cooked
Celery or Chinese Cabbage, fresh, 2-26	canned, 1-33
Cereal Grains, 3-16	frozen, 1-34
Amaranth, 3-21	Chicken Drumsticks, 1-29
Buckwheat, 3-21	Chicken, fresh or frozen
Cornmeal, 3-21	Boneless, 1-31
Corn Grits, 3-21	fryer, cut-up parts, (USDA), 1-26
Farina, 3-22	Precooked Breaded Chicken Pieces, 1-34
Kasha, 3-22	Cut up 8 pieces, 1-26
Millet, 3-23	Giblets, 1-32
Oats, 3-23	Gizzards, 1-32
Quinoa, 3-23	
Wheat Berries, 3-24	Heart, 1-32
Wheat Cereal, 3-24	Liver, 1-32
Wheat, rolled, 3-24	Ground, 1-32
Cereals, ready-to-eat, 3-16	Mechanically or hand separated, C-5
Corn, 3-24	

Parts	Collard Greens
Back pieces, 1-26	canned, 2-35
Breast, 1-27	fresh, 2-35
Drumsticks, 1-29	frozen, 2-35
Leg Quarters, 1-29	Cookies, 3-15, 3-16
Thighs, 1-30	Corn
Wings, 1-31	canned, 2-35
Tenders, 1-32	fresh, 2-35
Whole, 1-25	frozen, 2-36
Chicken, Giblets, 1-32	Corn, Cereal, ready-to-eat, 3-16, 3-24
Chicken, Gizzards, 1-32	Corn Chips, 3-25
Chicken, Ground, 1-32	Corn Grits, 3-21
Chicken Hash, 1-35	Corn Muffins, 3-15
Chicken, Heart, 1-32	Corn Syrup, 5-7
Chicken, Leg Quarters, 1-29	Cornbread, 3-15
Chicken, Liver, 1-32	Corned Beef and Cabbage, 1-23
Chicken, mechanically or hand separated, C-5	Corned Beef Brisket, 1-13
Chicken Products, Canned or Frozen	Corned Beef Hash, 1-23
Chicken a la King, 1-35	Cornmeal, 3-21
Chicken Barbecue, 1-35	Cottage Cheese, 1-24
Chicken Chili, 1-35	Couscous, 3-25
Chicken Chili with Beans, 1-35 Chicken Hash, 1-35	Crash Meat, fresh or frozen, 1-51
	Cracked Wheat, 3-16
Chicken Salad, 1-35	Crackers
Chicken with Gravy, 1-35	Graham, 3-15, 3-26
Chicken with Noodles or Dumplings, 1-35	Saltines, 3-15, 3-31
Creamed Chicken, 1-35	Soda, 3-15, 3-31
Chicken Salad, 1-35	Cranberries
Chicken Tenders, 1-32	dehydrated, 2-37
Chicken, Thighs, 1-30	fresh, 2-37
Chicken, Whole, 1-25	Cranberry Relish or Sauce, canned, 2-37
Chicken, Wings, 1-31	Crawfish
Chicken with Gravy, 1-35	fresh, 1-51
Chicken with Noodles or Dumplings, 1-35	frozen, 1-51
Chickpeas or Garbanzo Beans	Cream
canned, 1-6, 2-13	Heavy (Whipping), 5-3
dry, 1-6, 2-14	Light, 5-3
Chicory, fresh, 2-34	Cream Cheese, 5-3
Chili, Chicken, 1-35	Creamed Chicken, 1-35
Chili, Chicken, with Beans, 1-35	Creamed Turkey, 1-63
Chili con Carne, 1-23	Croissants, 3-15
Chili con Carne with Beans, 1-23	Croutons, 3-15, 3-25
Chili Sauce, 5-2	Crushed Tomatoes, canned, 2-83
Chili, Turkey, 1-64	Cubed Steak, Beef, 1-20
Chili, Turkey, with Beans, 1-64	Cucumbers, fresh, 2-38
Chinese or Celery Cabbage, fresh, 2-26	Currants, dehydrated, 2-38
Chinese Snow Peas, frozen, 2-57	
Chive Flakes, (dried for seasoning), 5-7	D
Chow Mein Noodles, 3-15, 3-25	_
Chuck Roast, Beef, 1-13	Dates, dehydrated, 2-38
Chuck Steak, Beef, 1-15	Deer (Venison), Ground, 1-37
Clams	Diced Tomatoes,
canned, minced, 1-51	canned, 2-83
fresh or frozen, minced, 1-50	fresh, 2-82
fresh or frozen, shucked, 1-50	Doughnuts, 3-16
Clementines, fresh, 2-34	Dried Milk, 5-4
Coconut	
dried, 5-2	E
fresh, 5-2	
frozen, 5-2	Edamame (Soy Beans), 2-20
Coffee Cake, 3-16	Eggplant, fresh, 2-38
	Egg Noodles, 3-26

Egg Product	G
Egg Whites, 5-3	Game, fresh or frozen
Egg Yolks, 5-3	
Egg Roll Skins, 3-15	Buffalo, Ground, 1-37
Eggs	Goat, Roast, 1-37
dried whole eggs, 1-36	Ostrich, Medallions, 1-37
egg whites, 5-3	Venison (Deer), Ground, 1-37
egg yolks, 5-3	Garbanzo Beans or Chickpeas
shell eggs, 1-36	canned, 1-6, 2-13
frozen whole eggs, 1-36	dry, 1-6, 2-14
Elbow Macaroni, 3-26	Garlic, minced, (dried for seasoning), 5-8
Endive (Escarole), fresh, 2-39	Gizzards
English Muffins, 3-15	Chicken, 1-32
English Walnuts, 1-39	Turkey, 1-62
Escarole (Endive), fresh, 2-39	Goat Roast, 1-37
Evaporated Milk, 5-5	Goulash, Beef, 1-22
	Graham Crackers, 3-15, 3-26
F	Grain Fruit Bars, 3-16
F: 2 22	Granola Bars, 3-16
Farina, 3-22	Granola Cereal, ready-to-eat, 3-16, 3-24
Feta, 1-23	Grapefruit, fresh, 2-40
Field Peas, canned, 2-58	Grapefruit and Orange Sections
Figs	chilled, 2-41
canned, 2-39	canned, 2-41
dehydrated, 2-39	Grapefruit Juice
fresh, 2-39	canned, 2-43
Filberts (Hazelnuts), 1-39	frozen, 2-43
Fish Mackenal 1 54	Grapefruit-Orange Juice
Mackerel, 1-54	canned, 2-43
Salmon, 1-55	frozen, 2-43
Surimi, 5-3	Grapefruit Sections
Fish Fillet Block, C-5	canned, 2-41
Fish Fillets, 1-51	frozen, 2-41
Fish Portions	Grape Juice
fried battered, 1-52	canned, 2-43
fried breaded, 1-52	frozen, 2-43
raw breaded, 1-53	Grape Leaves
unbreaded, 1-53	fresh, 2-42
Fish Steaks, 1-51 Fish Sticks	pickled, 2-42
	Grapes
fried breaded, 1-54	canned, 2-42 fresh, 2-41
raw breaded, 1-54 Flank Steak, Beef, 1-15	Gravy and Beef, 1-23
Frank Steak, Deel, 1-13 Frankfurters, 1-36	Gravy and Swiss Steak, 1-23
French Dressing, 5-7	Great Northern Beans
French Diessing, 3-7 French fries, Potatoes, 2-68	canned, 1-6, 2-14
French Toast, 3-16 Frozen Desserts,	dry, 1-6, 2-14 Green Beans
Frozen Yogurt, 5-3	canned, 2-15
Ice Cream, 5-3	•
	fresh, 2-14
Ice Milk, 5-3	frozen, 2-16
Sherbet, 5-3	Green Beans, Flat Italian
Frozen Yogurt, 5-3	canned, 2-16
Fruit Cocktail, 2-40	fresh, 2-17
Fruit, Mixed	Green Cabbage, fresh, 2-27
canned, 2-40	Green Chili Peppers
chilled, 2-39	canned, 2-60
frozen, 2-40	fresh, 2-60
dehydrated, 2-40	Green Onions, fresh, 2-50

Green Peas	Juices, Vegetable and Fruit
canned, 2-58	canned, 2-43
fresh, 2-58	frozen, 2-43
frozen, 2-58	,
Green Peppers	K
dehydrated, 2-60	K
flakes, (dried for seasoning), 5-8	Kale
fresh, 2-59	canned, 2-44
frozen, 2-59	fresh, 2-44
Grits, Corn, 3-21	frozen, 2-44
Ground Beef, 1-15	Kasha, 3-22
Ground Chicken, 1-32	Ketchup (Catsup), 5-2
Ground Lamb, 1-38	Kidney, Beef, 1-16
Ground Pork, 1-41	Kidney Beans
Ground Turkey, 1-62	canned, 1-7, 2-17
Ground Veal, 1-64	dry, 1-7, 2-17
Guava puree, frozen, 2-42	Kiwi, fresh, 2-45
Guava purce, mozen, 2-42	Knockwurst, 1-37
	Kohlrabi, fresh, 2-45
Н	, , , , , , , , , , , , , , , , , , , ,
Ham, 1-48	L
Ham Hocks, 5-6	-
Hashed browns, Potatoes, 2-69	Lactose-free Milk, 4-2
Hashed patties, Potatoes, 2-69	Lactose-reduced Milk, 4-2
Hazelnuts (Filberts), 1-39	Lasagna Noodles, 3-27
Heart	Lamb, fresh or frozen
Beef, 1-16	Chops, 1-37
Chicken, 1-32	Ground, 1-38
Pork, 1-42	Leg Roast, 1-38
Turkey, 1-62	Shoulder Roast, 1-38
Veal, 1-65	Stew Meat, 1-38
Heavy (Whipping) Cream, 5-3	Leaf Lettuce, fresh, 2-46
Hominy, canned, 5-4	Lemon Juice
Honey, 5-4	canned, 2-43
Honeydew Melon	Lemons, fresh, 2-45
fresh, 2-42	Lentils, dry, 1-38
frozen, 2-42	Lettuce, Iceberg, fresh, 2-45
Hubbard Squash	Lettuce, Leaf, fresh, 2-46
fresh, 2-77	Lettuce, Romaine, fresh, 2-46
frozen, mashed, 2-77	Lettuce
Trobbin, madired, 2 77	Mixed Greens, 2-46
	Salad Mix, 2-46
I	Light Cream, 5-3
Iceberg Lettuce, fresh, 2-45	Lima Beans
Ice Cream, 5-3	canned, 1-8, 2-17
Ice Milk, 5-3	dry, 1-8, 2-18
Italian Beans, Flat Green	fresh, 2-17
canned, 2-16	frozen, 2-18
fresh, 2-17	Limes, fresh, 2-46
Italian Plums	Lime Juice
fresh, 2-64	canned, 2-43
Italian Sausage, 1-45	Liver
3 ,	Beef, 1-17
1	Chicken, 1-32
J	Pork, 1-42
Japanese Plums	Turkey, 1-62
fresh, 2-64	Veal, 1-65
Jams, 5-4	Loin, Beef, 1-17
Jellies, 5-4	Lowfat Milk, 4-2
Jicama (Yam Bean), fresh, 2-43	

M	N
Macadamia nuts, 1-39	Navy or Pea Beans, dry, 1-8, 2-18
Macaroni, Elbow, 3-16, 3-26	Nectarines, fresh, 2-48
Mackerel	Nonfat (Skim) Milk, 4-2
canned, 1-55	Noodles
chilled, 1-54	Chow Mein, 3-25
frozen, 1-54	Egg, 3-26
Malanga (Taro), fresh, 2-46	Lasagna, 3-27
Mandarin Oranges, canned, 2-52, 2-81	Ramen, 3-27
Mangoes, fresh, 2-47	Nopales (Cactus)
Maple Syrup, 5-7	canned, 2-28
Maraschino Cherries, 2-32	fresh, 2-28
Margarine, 5-2	Nuts
Mashed Potatoes, frozen, 2-70	Almonds, 1-38
Maws (Pork Stomach), 1-47	Brazil, 1-38
Mayonnaise salad dressing, 5-7	Cashew, 1-39
Mayonnaise-type salad dressing, 5-7	Filberts (Hazelnuts), 1-39
Melba Toast, 3-26	Hazelnuts (Filberts), 1-39
Milk	Macadamia, 1-39
Acidified, 4-2	Peanut granules, 1-39
Buttermilk, 4-2	Peanuts, 1-39
Dried, 5-4	Pecans, 1-39
Evaporated, 5-5	Pine Nuts (Pinyons), 1-39
Lactose-free, 4-2	Pistachio, 1-39
Lactose-reduced, 4-2	Soy nuts, 1-39
Lowfat, 4-2	Walnuts
Nonfat (Skim), 4-2	Black, 1-39
Reduced fat, 4-2	English, 1-39
Skim (Nonfat), 4-2	
Whole, 4-2	0
Millet, 3-23	Oats, 3-23
Minestrone Soup,	Oats, Cereal, ready-to-eat, 3-24
canned, 2-73	Okra
ready-to-serve, 2-74	canned, 2-49
Mirliton (Chayote), fresh, 2-32	fresh, 2-49
Mixed Fruit,	frozen, 2-49
canned, 2-40	Olives
chilled, 2-39	canned, 2-49
dehydrated, 2-40	frozen, 2-50
frozen, 2-40	Onion Flakes, (dried for seasoning), 5-8
Mixed Greens, lettuce, 2-46	Onions, Green, fresh, 2-50
Mixed Vegetables,	Onions, Mature
canned, 2-85	canned, 2-51
frozen, 2-85	chopped, (dried for seasoning), 5-8
Mixed Vegetable Flakes, (dried for	dehydrated, 2-51
seasoning), 5-8	flakes, (dried for seasoning), 5-8
Molasses Syrup, 5-7	fresh, 2-50
Mozzarella Cheese, 1-23	frozen, 2-51
Muffins, 3-16	Orange Juice
Mung Beans, dry, 1-8, 2-18	canned, 2-43
Mung Bean Sprouts, 2-21	frozen, 2-43
Mushrooms	Oranges
canned, 2-47	canned, (Mandarin), 2-52, 2-81
fresh, 2-47	fresh, 2-51
frozen, 2-47	Orzo, 3-27
Mustard Greens	Ostrich, Medallions, 1-37
canned, 2-48	Oxtail, Beef, 1-17
fresh, 2-47	Oysters, fresh or frozen shucked, 1-55
frozen, 2-48	Cysters, mesh of mozen shucked, 1-33
Mustard, prepared, 5-5	

P	Peas, Sugar Snap, frozen, 2-59
Pancakes, 3-15	Peas and Carrots
	canned, 2-59
Papaya,	frozen, 2-59
fresh, 2-52	Pecans, 1-39
frozen puree, 2-52	Penne Pasta, 3-27
Parmesan Cheese, grated, 1-24	Pepperocini, canned, 2-59
Parsley	Peppers, Bell (Green or Red)
flakes (dried for seasoning), 5-8	dehydrated, 2-60
fresh, 2-52	dried, (for seasoning), 5-8
Parsnips, fresh, 2-52	fresh, 2-59
Passion Fruit, fresh, 2-53	frozen, 2-59
Pasta, 3-16	Peppers, Cherry, fresh, 2-60
Bowties, 3-26	Peppers, Green Chiles
Elbow Macaroni, 3-26	canned, 2-60
Egg Noodles, 3-26	fresh, 2-60
Lasagna Noodles, 3-27	Persimmons, fresh, 2-61
Orzo, 3-27	Pickle Relish, 5-5
Penne, 3-27	Pickles, 2-61
Ramen Noodles, 3-27	Pie Crust, 3-15
Shells, 3-28	Pig Ears, 5-5
Spaghetti, 3-28	Pig Feet, 5-6
Spiral (Rotini), 3-28	Pigeon, Green, Peas, frozen, 2-59
Wagon Wheels, 3-28	Pimientos, canned, 2-62
Pasta Shells, 3-28	Pine nuts (Pinyons), 1-39
Pea or Navy Beans, dry, 1-8, 2-18	Pineapple
Peaches	canned, 2-63
canned, 2-54	fresh, 2-62
dehydrated, 2-56	frozen, 2-64
fresh, 2-53	Pineapple Juice, canned, 2-43
frozen, 2-55	Pink Beans
Peanut butter, 1-40	canned, 1-9, 2-18
Peanut butter, reduced fat, 1-40	dry, 1-9, 2-18
Peanut granules, 1-39	Pinto Beans
Peanuts, 1-39	dehydrated, 1-9, 2-19
Pears	dry, 1-9, 2-19
canned, 2-57	canned, 1-9, 2-19
dehydrated, 2-57	Pistachio nuts, 1-39
fresh, 2-56	Pita Bread, 3-15
Pea Soup, canned,	Pizza Crust, 3-15
condensed, 1-40	Plantain, fresh, 2-64
ready-to-serve, 1-40	Plum Puree (Prune Paste), 2-65
Peas, canned	Plums (Black, Japanese, Italian, Purple, Red)
Black-eyed (Beans), 1-5, 2-13	canned, 2-64
Field, 2-58	dehydrated (Prunes), 2-65
Green, 2-58	fresh, 2-64
Peas, dry	Poi, 2-66
Black-eyed (Beans), 1-5, 2-13	Pomegranates, fresh, 2-66
Split Peas, 1-40, 2-58	Popcorn, 5-6
Whole Peas, 1-40, 2-58	Pork, canned, 1-50
Peas, Field, canned, 2-58	Pork, fresh and frozen
Peas, frozen	Ground, 1-41
Black-eyed, 2-13	Heart, 1-42
Chinese Snow, 2-57	
Green, 2-58	Lean finely textured, C-5
Pigeon, Green, Peas,	Leg, Fresh Ham, 1-42
Sugar-Snap, 2-59	Liver, 1-42
Peas, Green	Loin Chops, 1-43
canned, 2-58	Loin Roasts, 1-44
fresh, 2-58	Pig Ears, 5-5
frozen, 2-58	Pig Feet, 5-6
Peas, Pigeon, Green, frozen, 2-59	Shoulder, Boston Butt, 1-45
,	Shoulder, Picnic, 1-45

Sausage, 1-45	Potatoes, Red, fresh, 2-66
Sirloin Roast, 1-46	Preserves, 5-4
Spareribs, 1-46	Pretzels, 3-15
Steak, 1-46	Prickly Pear (Cactus Fruit), fresh, 2-28
Stew meat, 1-47	Prune Juice, canned, 2-43
Stomach (Maws), 1-47	Prune Paste (Plum Puree), 2-65
Pork, Ground, 1-41	Prunes (Dehydrated Plums)
Pork, Heart, 1-42	canned, 2-65
Pork, Lean finely textured, C-5	paste or puree, 2-65
Pork, Mild Cured	with pits, 2-65
Bacon, 5-6	without pits (USDA), 2-65
Bacon, Canadian, 1-47	Pudding, 5-7
Ham, 1-48	Pumpkin
Ham Hocks, 5-6	canned, 2-71
Shoulder, Boston Butt, 1-47	fresh, 2-71
Shoulder, Picnic, 1-48	Pumpkin seeds (Squash Seeds), 1-59
Pork Leg, Fresh Ham, 1-42	Purple Plums
Pork Liver, 1-42	canned, 2-64
Pork Loin Chops, 1-43	fresh, 2-64
Pork Loin Roasts, 1-44	
Pork Shoulder, Boston Butt, 1-45	
Pork Shoulder, Picnic, 1-45	Q
Pork Sausage, 1-45	Quinoa, 3-23
Pork Sirloin Roast, 1-46	_
Pork Spareribs, 1-46	R
Pork Steak, 1-46	
Pork Stew Meat, 1-47	Radishes, fresh, 2-71
Pork Stomach (Maws), 1-47	Raisins, 2-71
Potato Chips, 5-6	Ramen Noodles, 3-27
Potato Circles, 2-70	Raspberries
Potato Products	canned, 2-71
Circles, 2-70	fresh, 2-71
	frozen, 2-72
Hashed browns, 2-69	Ravioli (noodle only), 3-16
Hashed patty, 2-69 Mashed, 2-70	Red Cabbage, fresh, 2-27
Rounds, 2-70	Red Peppers
Skins or Pieces, 2-70	dehydrated, 2-60
	dried for seasoning, 5-8
Potato Rounds, 2-70	fresh, 2-59
Potato Shells, 2-68 Potato Shins and Pieces, 2-70	frozen, 2-59
Potato Skins and Pieces, 2-70	Red Plums
Potato Sticks, 5-7	canned, 2-64
Potato Wedges, 2-68 Potatoes	fresh, 2-64
	Red Potatoes, fresh, 2-66
canned, 2-67	Red, Small, Beans
dehydrated, 2-68	canned, 1-10, 2-20
fresh, 2-66	dry, 1-10, 2-20
frozen, 2-67	Red Tart Cherries
Potatoes, dehydrated	canned, 2-33
diced, 2-68	dehydrated, 2-34
flakes, 2-68	fresh, 2-33
granules, 2-68	frozen, 2-33
slices, 2-68	Reduced Fat Milk, 4-2
Potatoes, diced, 2-67	Reduced fat peanut butter, 1-40
Potatoes, French fries, 2-68	Refried Beans
Potatoes, frozen	canned, 1-12, 2-19
diced, 2-67	dehydrated, 1-12, 2-20
Shells, 2-68	Rhubarb
Wedges, 2-68	fresh, 2-72
Whole, 2-68	frozen, 2-72
Potatoes, Hashed browns, 2-69	Rib, Beef, 1-18
Potatoes, Hashed patty, 2-69	Ribeye, Beef, 1-18
Potatoes Machad 2-70	

Rice, 3-16	Shrimp, 1-56
Brown, 3-29	Squid (Calamari), 1-57
Wild, 3-31	Squid Meat Block, C-5
White, 3-29	Seaweed, dehydrated, 2-73
Rice Cakes, 3-30	Seeds
Rice Cereal, ready-to-eat, 3-24	Pumpkin and Squash, 1-59
Ricotta Cheese, 1-24	Sesame, 1-59
Roasts (see Beef, Goat, Lamb, Pork, or Veal,	Sunflower, 1-59
fresh or frozen)	
	Sesame Seeds, 1-59
Rolls, 3-15	Sesame seed butter, 1-40
Romaine Lettuce, fresh, 2-46	Shells, pasta, 3-28
Romano Cheese, 1-24	Sherbet, 5-3
Rotini (Spiral) pasta, 3-28	Shoulder Roast, Pork
Round Roast, Beef, 1-18	Boston Butt, 1-45
Round Steak, Beef, 1-19	Picnic, 1-45
Rump Roast, Beef, 1-20	Shrimp
Rutabagas, fresh, 2-72	canned, 1-57
Rye Wafers, 3-30	fresh, 1-56
•	frozen, 1-56
	Sirloin, (See Beef or Pork, fresh or frozen)
S	Skim (Nonfat) Milk, 4-2
Salad Dressings,	
French, 5-7	Soda Crackers, 3-15, 3-31
Mayo, 5-7	Soups, canned condensed
Mayo Type, 5-7	Bean, 1-12, 2-74
Salad Mix, Lettuce, 2-46	Minestrone, 2-73
	Pea, 1-40
Salmon,	Tomato, 2-73
canned, 1-55	Tomato with Rice, 2-73
pouch pack, 1-55	Tomato Vegetable, 2-73
Salsa, canned, 2-72	Vegetable, 2-73
Saltines, 3-15, 3-31	Vegetable with Meat, 2-73
Sandwich, Steak, Beef, 1-21	Soups, canned ready-to-serve
Sardines, canned, 1-56	Bean, 1-12, 2-74
Sauce, Spaghetti, (Meatless), tomato, canned,	Minestrone, 2-74
2-84	Pea, 1-40
Sauerkraut, canned, 2-73	Tomato, 2-74
Sausage,	
bulk, 1-45	Tomato with Rice, 2-74
Italian, 1-45	Vegetable, 2-74
link, 1-45	Vegetable with Meat, 2-74
patty, 1-45	Soy Bean Sprouts, 2-21
Scallops, frozen, 1-56	Soy Beans,
	canned, 1-10, 2-20
Seafood, canned	dry, 1-10, 2-20
Clams, 1-50	fresh (Edamame), 2-20
Mackeral, 1-55	Soy nut butter, 1-40
Salmon, pink, 1-55	Soy nuts, 1-39
Sardines, 1-56	Spaghetti, 3-28
Shrimp, 1-57	Spaghetti Sauce (Meatless), tomato, canned, 2-84
Tuna, 1-58	Spareribs, Pork, 1-46
Seafood, fresh or frozen	Special Trim, Beef, 1-20
Clams, 1-50	Spinach
Crab meat, 1-51	
Crawfish, 1-51	canned, 2-75
Fish Fillet Block, C-5	fresh, 2-74
Fish fillets, 1-51	frozen, 2-75
	Spiral (Rotini) Pasta, 3-28
Fish portions, 1-52	Split Peas, dry, 1-40, 2-58
Fish steaks, 1-51	Sprouts
Fish sticks, 1-54	canned, 2-21
Mackerel, 1-54	fresh, 2-21
Minced Fish Block, C-5	•
Oysters, shucked, 1-55	
Scallons, 1-56	

Squash, Summer (Yellow, Zucchini)	Tannier (Yautia), fresh, 2-87
canned, 2-76	Taro (Malanga), fresh, 2-46
fresh, 2-75	Toaster Pastry, 3-16
frozen, 2-76	Tomatillos, fresh, 2-81
Squash, Winter (Acorn, Butternut,	Tomato Juice, canned, 2-43
Hubbard)	Tomato Paste, canned, 2-83
fresh, 2-76	Tomato Products
frozen, mashed, 2-77	Spaghetti Sauce (Meatless), 2-84
Squash Seeds (Pumpkin Seeds), 1-59	Tomato Paste, 2-83
Squid (Calamari), frozen, 1-57	Tomato Puree, 2-83
Squid Meat Block, C-5	Tomato Sauce, 2-84
Starfruit (Carambola), fresh, 2-77	Tomato Puree, canned, 2-83
Steaks, (See Beef, Pork or Veal, fresh or	Tomato Sauce, canned, 2-84
frozen),	Tomato Soup, canned
Stewed Tomatoes, canned, 2-82	condensed, 2-73
Stew Meat	ready-to-serve, 2-74
Beef, 1-21	Tomato Spaghetti Sauce (Meatless), canned,
Lamb, 1-38	2-84
Pork, 1-47	Tomato Vegetable Soup, canned
Veal, 1-65	condensed, 2-73
Strawberries	ready-to-serve, 2-74
dehydrated, 2-78	Tomato with Rice Soup, canned
fresh, 2-77	condensed, 2-73
frozen, 2-77	ready-to-serve, 2-74
Stuffing, 3-15	Tomatoes
Succotash	canned, 2-82
canned, 2-78	fresh, 2-82
frozen, 2-78	Tomatoes, Cherry, fresh, 2-81
Sugar Snap Peas, frozen, 2-59	Tomatoes, crushed, canned, 2-83
Summer Squash (Yellow, Zucchini)	Tomatoes, diced,
canned, 2-76	canned, 2-83
fresh, 2-75	fresh, 2-82
frozen, 2-76	Tomatoes, whole
Sunflower Seeds, 1-59	canned, 2-82
Sunflower Seed butter, 1-40	fresh, 2-82
Surimi, frozen, 5-3	Tongue, Beef, 1-21
Sweet Cherries	Tortilla Chips, 3-15
canned, 2-34	Tortillas, 3-15
fresh, 2-34	Tostada/Taco Shells, 3-15, 3-31
Sweet Potatoes	Tree Nuts and Other Nuts,
canned, 2-79	
dehydrated, 2-80	Almonds, 1-38
fresh, 2-79	Brazil nuts, 1-38
frozen, 2-80	Cashew nuts, 1-39
Sweet Rolls, 3-16	Filberts (Hazelnuts), 1-39
	Hazelnuts (Filberts), 1-39
Swiss Chard, fresh, 2-81	Macadamia nuts, 1-39
Swiss Cheese, 1-23	Peanut Granules, 1-39
Swiss Steak and Gravy, 1-23	Peanuts, 1-39
Syrups	Pecans, 1-39
Cane, 5-7	Pine nuts (Pinyons), 1-39
Corn, 5-7	Pistachio nuts, 1-39
Maple, 5-7	Soy nuts, 1-39
Molasses, 5-7	Walnuts
	Black, 1-39
T	English, 1-39
Taco/Tostada Shells, 3-15, 3-31	Tripe, Beef, 1-21
Tangelos, fresh, 2-81	Tuna, canned, 1-58
Tangerine Juice, canned, 2-43	Turkey, Boneless, 1-62
Tangerines	Turkey, cooked
canned (Mandarin Oranges), 2-52, 2-81	frozen, 1-63
fresh 2-81	canned, 1-63